The Crazy Wisdom Community Journal

Southeastern Michigan's Conscious Living Magazine

FREE

September through December 2017 - Issue 67

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Transformation Is Here — Capuchin Ministries of Detroit

Nature-Based Shamanistic Practices – An Interview with Martha Travers

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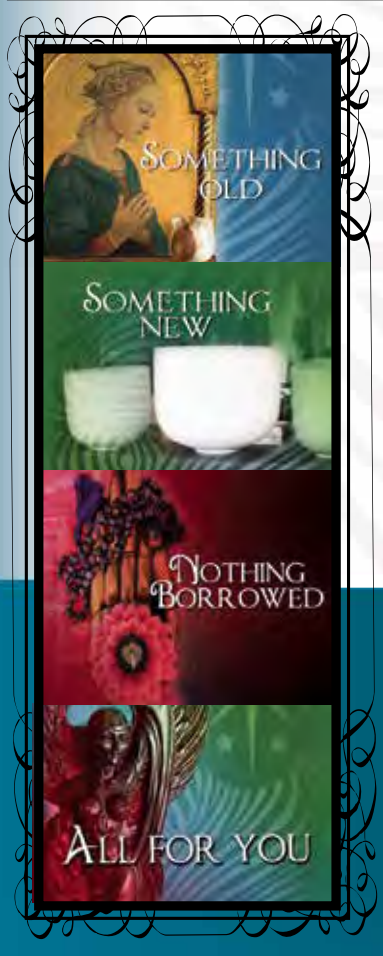

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Welcome to the world we inhabit and to the artists who create cultural bridges that connect us all.

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POWER CENTER

Amir ElSaffar's Rivers of Sound
Amir ElSaffar, trumpet and santur

OCT 20
FRI, 8PM
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Ragamala Dance Company
Written in Water
Ranee and Aparna Ramaswamy, co-artistic directors
Live music performed and written by **Amir ElSaffar**

NOV 1
WED, 7:30PM
MICHIGAN THEATER

Zakir Hussain & Dave Holland
Crosscurrents
Zakir Hussain, tabla
Dave Holland, bass
Shankar Mahadevan, vocals
Chris Potter, saxophones
Sanjay Divecha, guitars
Louiz Banks, piano and keyboards
Eric Harland, drums

NOV 7
TUE, 7:30PM
HILL AUDITORIUM

China National Center for the Performing Arts Orchestra
LÜ Jia, conductor
Wu Man, pipa

NOV 12
SUN, 4PM
RACKHAM AUDITORIUM

The Knights
with **Avi Avital**, mandolin
Kinan Azmeh, clarinet
Colin Jacobsen, violin

MAR 14
WED, 7:30PM
MICHIGAN THEATER

Piedmont Blues: A Search for Salvation
featuring **René Marie**
Conceived and composed by **Gerald Clayton**
Directed by **Christopher McElroen**
with **Gerald Clayton & The Assembly**

MAR 17
SAT, 9PM
EL CLUB
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Steve Lehman & Sélébéyone
HPrizm (aka High Priest), vocals (English)
Gaston Bandimic, vocals (Wolof)
Steve Lehman, alto saxophone/electronics
Maciek Lasserre, soprano saxophone/electronics
Carlos Homs, keyboards
Rich Brown, electric bass
Damion Reid, drums

APR 13
FRI, 8PM
MICHIGAN THEATER

The Jazz Epistles
Abdullah Ibrahim
Hugh Masekela
Abdullah Ibrahim, piano
Hugh Masekela, trumpet and flugelhorn
Cleave Guyton, alto saxophone, flute, and clarinet
Lance Bryant, tenor saxophone
Marshall McDonald, baritone saxophone
Andrae Murchison, trombone and trumpet
Noah Jackson, cello and bass
Will Terrill, drums

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The Crazy Wisdom Community Journal

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***"Crazy Wisdom"* is a term coined by Chogyam Trungpa Rinpoche, one of the major figures in bringing Buddhism to the west. He described it as an innocent state of awareness that is wild and free, completely awake and fresh. It's a spiritual worldview that represents thinking outside the box — moving against the stream.**

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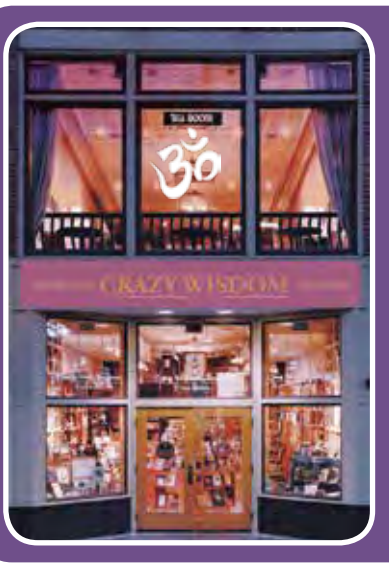

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The Crazy Wisdom Community Journal has been published three times a year since 1995.
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Crazy Wisdom Bookstore was founded in 1982.
Since 1989, it has been owned by Crazy Wisdom, Inc., which consists of Bill Zirinsky and Ruth Schekter, husband-and-wife.

Publisher/Editor - Bill Zirinsky

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This issue is distributed starting in the last week of August. 11,000 copies of The Crazy Wisdom Community Journal are printed, and they are available at our bookstore as well as at more than 235 other locations in the area.

The deadline for Free Calendar submissions for the January thru April 2018 issue is Monday, November 13. Contact calendarforms@crazywisdom.net

The deadline for Paid Advertising is Monday, November 27. Contact Rory@crazywisdom.net

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Crazy Wisdom Monthly Book Discussion 7:30 p.m. in the Crazy Wisdom Community Room

Sept. 15 • *The Other Side of Impossible - Ordinary People Who Faced Daunting Medical Challenges and Refused to Give Up* by Susannah Meadows, hosted by Deb Flint

Oct. 20 • *Madness - A Bipolar Life* by Marya Hornbacher, hosted by Bill Zirinsky

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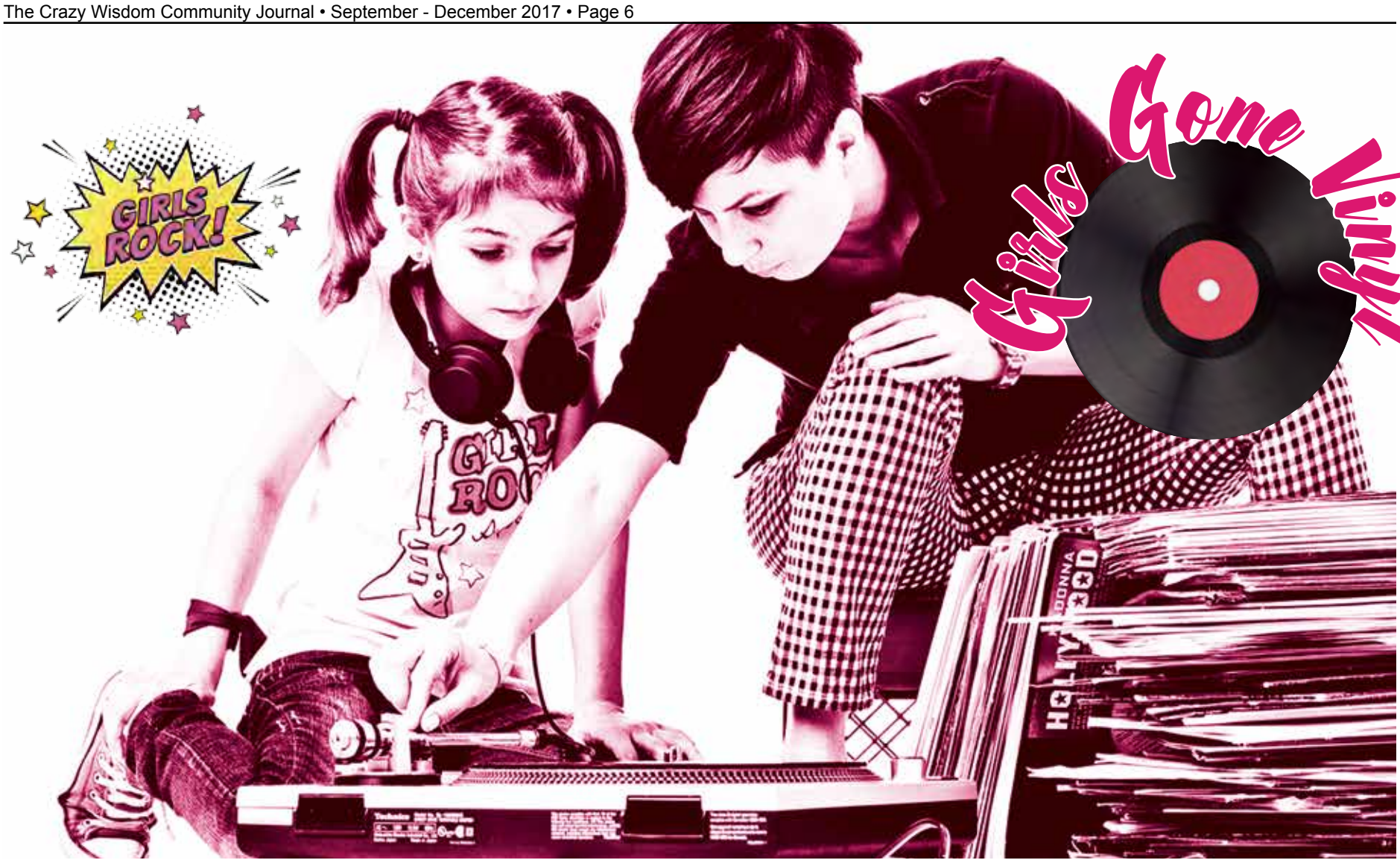

Coffee with Maggie Derthick of *Girls Gone Vinyl*

Detroit's Annual All–Women Party in the Mecca of Techno Music

By Sara Vos

Since 2000, thousands of electronic music fans from around the world flock to Detroit during Memorial Day Weekend for Detroit's internationally known electronic music festival. The festival, now called the Movement Electronic Music Festival, was created to celebrate Detroit's role as the birthplace of electronic (or "techno") music. People lose themselves in transcendental dance floor moments, listening to samples from church gospel, 70s disco, and completely original mixes. Some who make the annual trek claim that dance music is their church and the place where they can most touch and taste the holy.

In recent years, the festival producers have been increasing the numbers of female DJs and artists on the lineup. There are dozens of parties around the city that happen concurrently with the festival, including an annual event that showcases some of the best female talent in the industry.

Maggie Derthick is the founder of ***Girls Gone Vinyl***, an annual Detroit dance party that was the first networking event for women in electronic music from around the world. The party has been taking place for 11 years, and thousands of women (and men) have attended GGV events both here in Detroit and across the globe. A few weeks after 2017's Movement, Maggie and I chatted about the history of ***Girls Gone Vinyl***, how things have changed from then to now, and what's in store for the organization.

> All these women were reaching out, asking where they could play and get booked [at the Detroit Electronic Music Festival], and they were having a hard time doing it… I thought, "Why don't we just throw a party with all these awesome women who can all play, and all meet, at the party?"

Sara Vos: Maggie, *Girls Gone Vinyl* is the biggest all-female lineup dance party in Detroit each Memorial Day Weekend, and now you've taken it all over the U.S. and Europe. Can you fill us in on the history and as well as your motivations for getting started?

Maggie Derthick: In 2006, I started an electronic music promotion company in Detroit and I was working on producing events. With the advent of social media, which was Myspace back then, I was able to meet women from all over the world based on their tastes in music — women who were into the same things as me. It was very cool, because we could have an immediate conversation and connection, due to social media.

It was early spring, and the Detroit Electronic Music Festival was coming up. All these women were reaching out, asking where they could play and get booked, and they were having a hard time doing it. Because of that, and because I wanted all of these very cool girls to meet, I thought, "Why don't we just throw a party with all these awesome women who can all play, and all meet, at the party?"

I chose the name ***Girls Gone Vinyl*** because the "Girls Gone Wild" [adult vacation video] brand was in the news at that time. As a marketer, I knew "Girls Gone…" would have some legs to it, because people were hearing such negative things [about "Girls Gone Wild"], so my goal was to take that messaging about women — that women are objects and to be exploited — and turn it upside down. The party itself was about girls and women who wanted to get into the music business. I wanted to push boundaries with the title of the party.

The message I'm trying to get across to young girls and women in the music business is: "Be who you are." It's super frustrating to watch anyone shrink or change themselves to achieve a goal that they want, or to be able to put their art out into the world. How can you truly be an artist if you have to temper yourself?

> [When] I chose the name ***Girls Gone Vinyl***…my goal was to take that [Girls Gone Wild] messaging about women — that women are objects and to be exploited — and turn it upside down.

SV: So you called the first party *Girls Gone Vinyl* back in May 2006. Were people into the title or concept? Where did it go from there?

MD: I didn't know where it was going to go, or what it was going to be, but I wanted it to be a place that women from around the world could meet each other and create networks amongst themselves, because it was very hard to get into that boys network. The more you meet people like you — like attracts like — the broader your reach can be. So that was always the major goal, to have the event at the festival, and then via the social media connections and meeting each other in person, to grow the network of how many industry women knew each other.

I knew so many women who, like myself in Detroit, had been one girl amidst a bunch of guys in electronic music enclaves in New York, San Francisco, Italy, Berlin… so I was trying to connect those girls with each other from around the world, and then give them a platform to play in the Mecca of electronic music, Detroit. I wanted to create a platform for them to play and put their art out in the very place that had inspired them to become artists in the first place.

I continued to do the event every year, and grow the amount of women who were meeting and inspiring each other, and they were moving up in their careers.

The message I'm trying to get across to young girls and women in the music business is: "Be who you are." How can you truly be an artist if you have to temper yourself?

SV: How did it shift and evolve?

MD: A big reason this became important to me is because I have a daughter. I realized that, as a young girl, when you're only seeing men's names, men on posters, men at events, how does a young girl look up and say, "I can do this, too"? Music festival lineups were five percent women at the time. How do young girls even know that they have a possible chance to do it? How do they even know the stories and paths that other women have taken to get into the business?

While I was asking these kinds of questions, I happened to meet a woman locally, Jenny Lafemme, who has a film production company. Jenny is a DJ as well. We were talking one night, and we thought, "Why don't we take this party on the road and film the stories of these women around the world?" We wanted other women, young and old, to see and hear the stories that led other women here. So that's how the documentary side of it came about, in 2010.

We raised $15,000 on [crowd-funding website] Kickstarter and went to five different countries, interviewing over 100 women and five men who are in this business. We filmed over two years, all the while doing GGV events throughout… Amsterdam, Berlin, London, Ibiza, Detroit, Miami, Chicago… We were doing GGV parties all around Europe and North America. Then we still kept the annual Detroit party during the electronic music festival here.

Where we are now is that we have hundreds of hours of great footage. We are trying to figure out if we do docu-episodes instead of a full documentary film. Each of the interviews is so amazing that telling each woman's full story seems to be the most exciting. So we're looking at showing cool, edited interviews of each of the women and having a few years of legs for this project. Many different ages and nationalities are included; some are moms, some are booking agents, some are record label owners and not DJs or producers. So there are other ways to get into the business that are showcased in the interviews, even if you're not an artist.

We have GGV mixes online and we'll be starting to put new mixes back up on our website this year. The cool thing is that even now, since 2010, there is way more discussion about women in the industry and how to make things more equal. There are more female-centric groups, like Female Pressure, and there's a club in Germany that does a whole month of all-female artists. Smart Bar in Chicago does a month of all-female DJs in February. The conversation has changed, but the music festival bookings have not. It's still 5–10 percent women in lineups.

Jenny Feterovich aka Jenny LaFemme, Maggie Derthick, and Stacey Hotwaxx Hale (godmother of house music)

I knew so many women who, like myself in Detroit, had been one girl amidst a bunch of guys in electronic music enclaves in New York, San Francisco, Italy, Berlin… so I was trying to connect those girls with each other from around the world.

SV: Why do you think the numbers are that low?

MD: I still do think it's about the way the booking system works. There are definitely still way more men than women who do create and produce electronic music, but the booking and lineup numbers aren't correctly reflecting how many talented women are in this business.

Maggie Derthick, and her daughter Mahala

A big reason this became important to me is because I have a daughter. I realized that, as a young girl, when you're only seeing men's names, men on posters, men at events, how does a young girl look up and say, "I can do this, too"?

We all come at it from different angles, and I don't know all the answers, but I definitely think there are two major factors: First, women and men are socialized very differently in Western culture, so women are not taught to go into electronics, as boys are. Second, I also think there are major differences in the ways women and men market and promote themselves. I definitely think that feminine strengths and needs are different than masculine strengths and needs.

SV: It sounds like it has been quite the adventure and journey. Thanks so much for taking the time to share with me. What else should readers know?

MD: People can follow ***Girls Gone Vinyl*** on Instagram, Facebook, YouTube, and Twitter. We have many changes underway and people can keep track of what we're up to. Also, we'll throw our annual party next May as part of the Movement Electronic Music Festival.

We've been covered by Billboard, Forbes, Red Bull Radio… So I'm ready to capitalize on the broad appeal I have built and push out the discussion even further. I just want it to be a normal thing where all women are on a lineup and not have to call it a "Girls' Party."

SV: That's really powerful.

MD: Yeah. And it's starting, little by little.

###

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Pockets of Poverty, Shadows of Hope

Luke Shaefer, Ann Arbor Co-Author of *$2.00 a Day*, Shares Insights into the Story Behind his Blockbuster Book

By Diane Majeske
Photos by Tobi Hollander

This is what it's like to be incredibly, desperately poor in America today:

- *You live in a crowded homeless shelter with nothing but spoiled milk in the fridge. Without a permanent address, potential employers are reluctant to hire you. But you can't get a permanent address without a job.*

- *You find a job, and it seems like a pretty good one at first, paying a little above minimum wage. But the shifts are uneven and the working conditions are unsafe, and you start getting sick. But with a job, you can get a housing subsidy, so you need the money. So you keep going to work. Until one day you just can't. Your hours get cut. Then you get fired. And you have to start all over again.*

- *As frequently as the law allows, you sell plasma, for around $30 each time. You even take iron pills to make sure you're not too anemic — and barred from donating. Because that cash makes the difference between eating and going hungry.*

These scenarios are true. They're from *$2.00 a Day, Living on Almost Nothing in America* (Mariner Books; Reprint edition September 13, 2016) by Kathryn J. Edin and H. Luke Shaefer. The book was named one of the 100 Notable Books of 2015 by the *New York Times Book Review* and won the Hillman Prize for Book Journalism, among other awards.

$2.00 a Day, Living on Almost Nothing in America, by Kathryn J. Edin and H. Luke Shaefer was named one of the 100 Notable Books of 2015 by the New York Times Book Review and won the Hillman Prize for Book Journalism, among other awards.

Shaefer is an associate professor at the University of Michigan School of Social Work and the Gerald R. Ford School of Public Policy. He is also the director of Poverty Solutions, a U-M initiative launched in 2016 that focuses on understanding the causes and consequences of poverty and works with both community groups and students.

Shaefer can recite those poverty scenarios by heart. Since the book was published, his life hasn't been the same.

"It was both the hardest thing I've ever done in my work life and the most rewarding," says Shaefer, who traveled across the country with Edin to speak with families living in extreme poverty to write the book.

"It was hard to hear these stories, but making connections across those barriers was incredibly important to me," he says. "Meeting those really interesting and loving people enriched my life. We're still in touch with some; we've lost touch with others … but the ones we showed the book to generally appreciated the opportunity to tell their stories. We told them we would tell them in an honest way. We weren't going to cover anything up, but we would also be respectful and compassionate, and they appreciated that."

Shaefer, husband to Susie, father to young Bridget and Michael, is soft-spoken and obviously passionate about his cause. He had a slight taste of that life before he began studying it. Born and raised on the outskirts of Ann Arbor, his family was fairly low-income, he says.

"We never had to go to the welfare office; we could go to Grandma and Grandpa," he recalls. "We were never like the people in the book."

But he remembers when he was in junior high, his father changed careers and for a few years, money was exceptionally tight. His upbringing affected his view of the world, he says.

"From a very early age, I grew up understanding poverty and disadvantage in the U.S. and wanting to do something about it."

Shaefer is an associate professor at the University of Michigan School of Social Work and the Gerald R. Ford School of Public Policy.

Lending a helping hand

That dedication became more focused as he grew older. During his undergraduate years at Oberlin College, he served as a relief caseworker, helping low-income residents negotiate with landlords, and working with the city so water and utilities weren't shut off. He became more involved in advocacy, in helping solve larger issues.

While studying at the University of Chicago, where he received his advanced degrees, he became interested in the more structural issues: welfare and social policies. He began teaching as well as studying the incomes of the poor through the Survey of Income and Program Participation, administered through the U.S. Census Bureau.

In 2011, he met Edin, a long-time researcher of welfare trends, while they were both teaching at Harvard University.

Edin had been doing field work, updating research she'd done a decade prior by interviewing low-income families. She was struck by the fact that so many of them were living on virtually no income, and the lack of cash permeated nearly every aspect of their life. She shared her findings with Shaefer, who found them startling. After all, how could a person live in today's society with essentially no money?

"It was hard to hear these stories, but making connections across those barriers was incredibly important to me," he says. "Meeting those really interesting and loving people enriched my life."

He began sifting through available sources of nationally representative data.

"When I met Kathryn and she began telling me about these families that were so deeply, deeply poor and lacked access to cash — that's what propelled us forward on this project," Shaefer recalls. "It started as a five-page policy brief, then a magazine article, and then a book."

Together, their extensive research uncovered surprising statistics: As of 2011, 1.5 million households with roughly 3 million children were surviving on cash incomes of no more than $2.00 per person per day in any given month.

Think of it this way: that's about one out of every 25 families with children in America. Poverty is often closer than we think — it could be affecting coworkers, friends, neighbors.

Also, the authors claim, that number has been on the rise since landmark welfare reform legislation was passed in 1996. According to their calculations, as of 2011, the number of families in $2.00-a-day poverty had more than doubled in just a decade and a half.

Continued on page 10

Luke Shaefer

Pockets of Poverty, Shadows of Hope

Continued from page 9

This level of poverty doesn't discriminate, either, they found. While families headed by single mothers were most at risk of falling into the demographic, more than a third of the households in $2.00-a-day poverty were headed by a married couple. And nearly half of the $2.00-a-day poor were white.

> Kathryn Edin had been doing field work, updating research she'd done a decade prior by interviewing low-income families. She was struck by the fact that so many of them were living on virtually no income, and the lack of cash permeated nearly every aspect of their life... How could a person live in today's society with essentially no money?

Meeting the disadvantaged

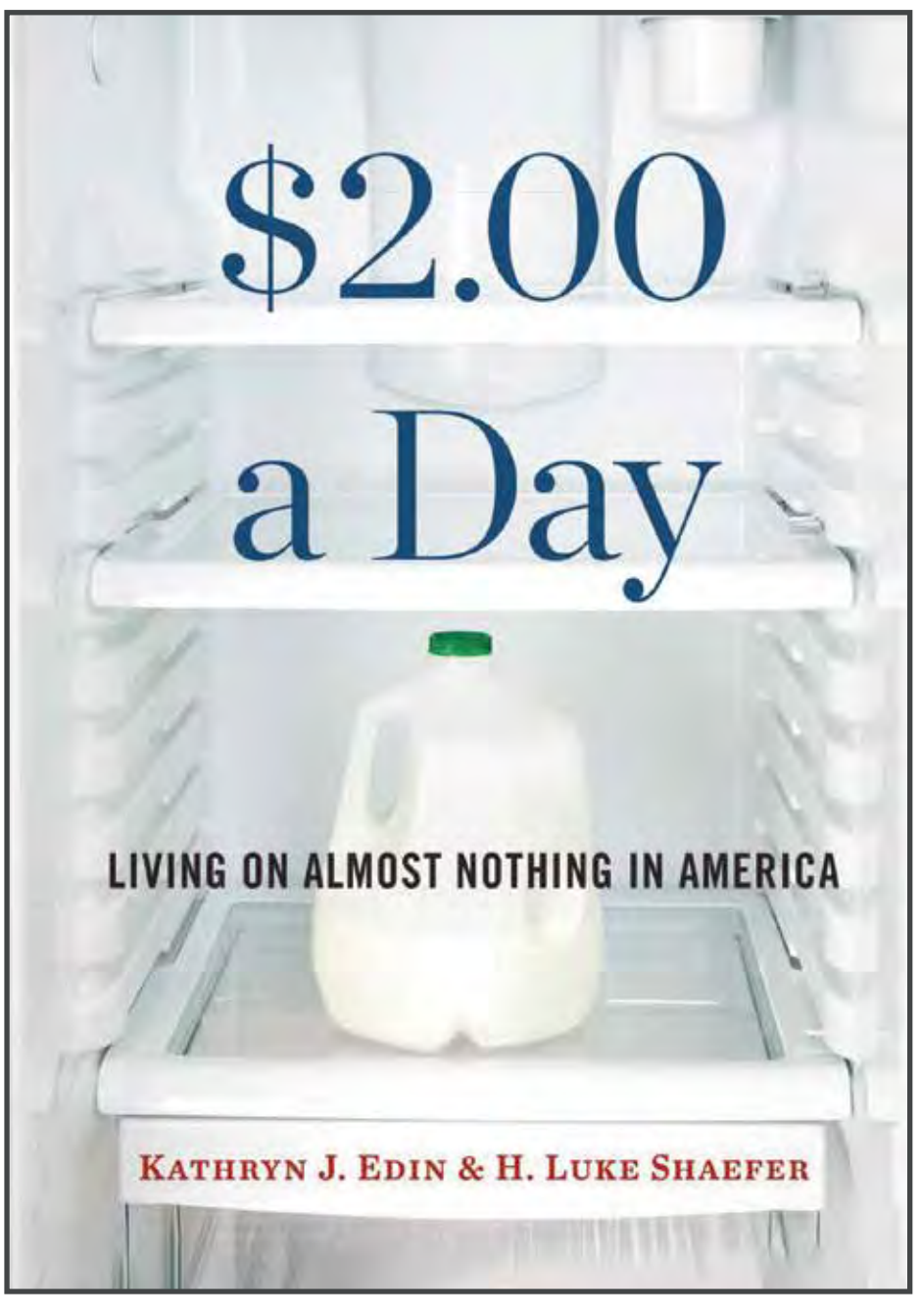
The two set up field sites and traveled throughout the country from 2012 to 2014 finding the faces behind the numbers — in Chicago, Cleveland, the foothills of the Appalachian Mountains in Tennessee, and the Mississippi Delta, historically one of the poorest places in the U.S.

Eight of the 18 families they followed are featured in their book and profiled in detail.

Shaefer didn't know what he'd find on the journey. He realized afterward, though, he'd held a few preconceived notions.

"I didn't expect to find so many people who really want to work, and who had such a history of work," he admits. "I thought they would be more detached from society … then I heard story after story, of, you know, 'I was working and then this happened, and this happened…' Working in the office, like I do, with large-scale data, you don't realize the barriers that families face that are part of the system."

> As of 2011, 1.5 million households with roughly 3 million children were surviving on cash incomes of no more than $2.00 per person per day in any given month. That's about one out of every 25 families with children in America.



This is what it's like to be incredibly, desperately poor in America today:

- *You live in a crowded homeless shelter with nothing but spoiled milk in the fridge. Without a permanent address, potential employers are reluctant to hire you. But you can't get a permanent address without a job.*
- *You find a job, and it seems like a pretty good one at first, paying a little above minimum wage. But the shifts are uneven and the working conditions are unsafe, and you start getting sick. But with a job, you can get a housing subsidy, so you need the money. So you keep going to work. Until one day you just can't. Your hours get cut. Then you get fired. And you have to start all over again.*
- *As frequently as the law allows, you sell plasma, for around $30 each time. You even take iron pills to make sure you're not too anemic — and barred from donating. Because that cash makes the difference between eating and going hungry.*

Many of the profiles in the book are unforgettable, like young Tabitha Hicks, who matter-of-factly explained what it was like to sleep with eight siblings in one bed, when there had been no food in the house for days.

The researchers asked her what it felt like to be that hungry. "Well, actually it feels like you want to be dead," she told them. "Because it's peaceful being dead."

> "I didn't expect to find so many people who really want to work, and who had such a history of work... then I heard story after story, of, you know, 'I was working and then this happened, and this happened.'"

Shaefer's research changed him, he says; even the simplest of moments became profound.

He recalled one afternoon in Chicago, when he and his then three-year-old daughter met up with several of the women being profiled and their families. All the children began playing together. The odd juxtaposition hit him — how the children were so alike, yet their lives were so different.

"That was a time I'll never forget," he says. "They were playing in a park, just kids, but with such very different life trajectories. You know that … but when you see kids just playing with each other, it makes you wonder why. It was incredibly intense for me. From a research standpoint, you learn things from field work that you just can't learn in your office."

Since its publication, the book has made quite an impact; both authors have testified in front of House and Senate committees and policy makers continue to debate and discuss solutions.

Shaefer candidly admits that not all responses have been favorable.

"We've been incredibly gratified by the reception of the book," he says. "But we did receive criticism from some conservative think tanks that say our data is too flawed to tell us anything. And if that's true, we'd have to throw out our case studies and say that OK, we probably found about half a dozen families in the worst shape in the country."

> Many of the profiles in the book are unforgettable, like young Tabitha Hicks, who matter-of-factly explained what it was like to sleep with eight siblings in one bed, when there had been no food in the house for days.

He stands by their findings and doesn't mind the critiques. "We only really started receiving criticism when it was clear the book was making an impact," he says.

Forging solutions

As Shaefer has spoken about the book — in the community, around the country, to media — he's found others who are concerned about the growing rift between haves and have-nots in the U.S., particularly as the political climate is changing.

It's a difficult situation, he says. The book offers a multi-pronged solution that centers on developing more and better jobs, creating housing opportunities, and designing a social assistance program that could provide a temporary cash cushion in times of crisis.

"I hope our book does something to bring people together," Shaefer says. "Society is segregated by geography and by income. It's hard to make policy decisions when we're so separated like that. I hope people realize that these people are not just numbers. They're not just problems. They're people. They want to do well by their kids. In general, they want to work.

Photo by Mat Hayward

He recalled one afternoon in Chicago, when he and his then three-year-old daughter met up with several of the women being profiled and their families. All the children began playing together. The odd juxtaposition hit him — how the children were so alike, yet their lives were so different.

"I have people ask what they can do. There's lots of ways they can help. If they volunteer at a soup kitchen or a kids' program, I tell them, 'Try to make a connection — don't just be a face behind a desk or behind a table. Get out there, talk to people. Share a little bit, learn a little bit. We'll all be the better for it.'"

Because in the end, it isn't just about money or jobs, Shaefer says. It's far more than that. And that's what the book concludes:

"The ultimate litmus test we endorse for any reform is whether it will serve to integrate the poor — particularly the $2-a-day-poor — into society. It is not enough to provide material relief to those experiencing extreme deprivation. We need to craft solutions that can knit these hard-pressed citizens back into the fabric of their communities and their nation."

###

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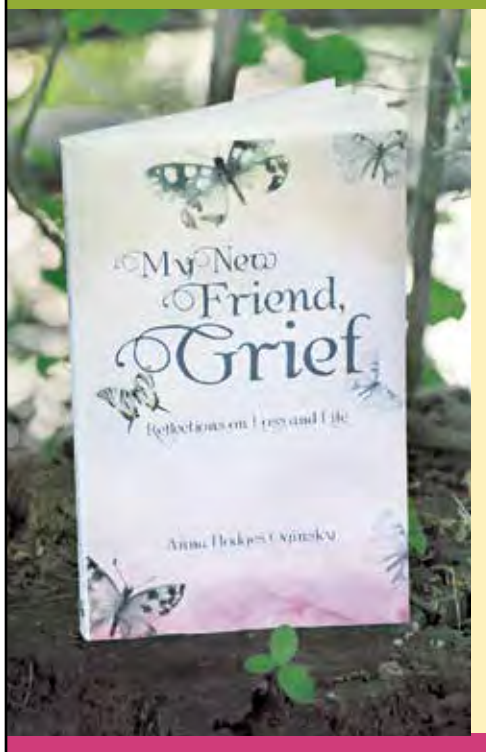
My New Friend, Grief:
Reflections on Loss and Life

A powerful new book by Anna Hodges Oginsky



With extraordinary honesty, Anna Hodges Oginsky shares how she experienced grief after the sudden death of her father. As she sifted through the broken pieces of her heart, Oginsky discovered that embracing her grief would give her the power to transform her life.

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***My New Friend, Grief* has received awards in both the Great Midwest Book Festival and in the Beverly Hills Book Awards**

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Sustainable Health

The Importance of Being (a Little Bit More) "Selfish"

By Ivy Carson

What comes to mind when you think of the word "selfish?" For many, it carries a negative connotation and is associated with concepts such as greed, egotism, lack of consideration for others, and meanness. At the root of the word, it simply means "to be concerned with oneself" and can also mean to be "self-interested, self-loving, or self-serving"— what is so very wrong with that? Why is caring for oneself and caring for others often implied to be mutually exclusive?

In this day and age, many of us—in some estimates, up to 80 percent of the population—are in this state chronically, which can have serious short—and long-term implications for our health and well-being.

We have all heard the analogy of putting on your own mask first before attempting to assist the person next to you in an emergency situation. Another wonderful example of this exists in the human body: for each heartbeat, the heart first pumps blood to itself before sending it out to the rest of the body.

In today's society, where busyness and lack of sleep are worn like badges of honor, prioritizing self-care can be portrayed as passé and lead to feelings of guilt, but in this fast-paced world it becomes even more vital to slow down and check in with your mental and physical well-being. In line with this thinking, there is an old Zen proverb that states, "You should sit in meditation for 20 minutes every day – unless you're too busy. Then you should sit for an hour."

Without actively engaging in self-care activities, we are at risk of remaining in a state of chronic stress, which can lead to the development of adrenal fatigue. Your adrenal glands are two thumb-sized organs that sit on top of your kidneys and are an integral part of the endocrine system. The adrenals play a vital role in stress response. When faced with an actual or perceived threat, they release adrenaline (i.e. epinephrine) to help you leap into action—referred to as "fight-or-flight" mode. Next, they release corticosteroids which function to slow down what are, in that moment of crisis, seen as less vital processes, such as digestion and immune function. They are responsible for cortisol production, and play a role in balancing sex hormones as well as aldosterone (which is important for blood pressure control). From an evolutionary perspective, these adaptations were intended to be a transient response to a dangerous situation, but in this day and age, many of us—in some estimates, up to 80 percent of the population—are in this state chronically, which can have serious short- and long-term implications for our health and well-being.

Research has shown that individuals who take time for self-care practices are more creative, successful, and happier. So how do we begin to start moving away from maladaptive behavior and place self-care practices at the top of our priority list instead of leaving them as an after-thought? The journey begins by checking in with your physical and mental health, as well as social relationships and your professional life. Just like any other healthy habit, it can be easiest to integrate them into our routines if we build on other solid habits we have already established. For example, before my 11:00 p.m. bedtime, I will take 15 minutes for stretching and deep-breathing exercises and gratitude journaling. During my lunch break at work I will often take a 15-minute walk outdoors to enjoy the sunshine.

What counts as a self-care activity or practice? This is highly personal and individualized. It is really anything that relaxes, restores, and rejuvenates you, and contributes to your overall health and well-being in a positive way. Take some time to examine your schedule as well as your personal needs to begin to determine how to integrate regular acts of self-care into your daily, weekly, monthly, and yearly routines. Self-care activities can range in length from a few minutes of deep-breathing to a two-week vacation in Colorado!

Daily practices might include:

- Gratitude journaling
- Dancing in your living room to your favorite Prince album
- Meditation (try phone apps such as Headspace, Calm, Meditation Studio, or Insight Timer)
- Setting your intentions for the day first-thing in the morning
- Getting a full 7-8 hours of sleep
- Eating your meals without the distraction of electronic devices
- Taking a relaxing walk with your pet or coworkers

Monthly or weekly practices could include:

- Grabbing tea or brunch with a good friend
- Having a picnic at a local park
- Taking a day-trip to a new city
- Scheduling a nice massage, pedicure, acupuncture, or facial (to save money, take turns pampering a friend!)
- Curling up at home and reading a book or your favorite magazines
- Going out to see live music at a local venue
- Scheduling 1-2 days per week for meal planning and preparation
- Going out of town for the weekend (for a cost-effective option, try an Airbnb!)
- Working with a counselor, nutritionist, or health-coach
- Making a vision board to help display some of your goals and aspirations

To help identify which areas you may need to spend some time developing, take a few minutes to consider the following. Do you:

- Eat a whole-foods diet rich in colorful fruits and veggies?
- Spend time in nature?
- Feel nourished, healthy, and strong?
- Feel gratitude on a daily basis?
- Express yourself creatively?
- Find a sense of meaning and enjoyment in your work?
- Have the ability to comfortably say no?
- Get enough social time with people who make you happy?

In order to be fully present, and to effectively engage with and care for the important people in our lives, we must fill our own cups first—you can't pour from an empty cup.

Don't wait until things are in a state of turbulence before realizing you need to reach for the oxygen mask. In order to be fully present, and to effectively engage with and care for the important people in our lives, we must fill our own cups first—you can't pour from an empty cup. It may take time to develop these habits, but strive for progress, not perfection. So go ahead, and don't just take it from me—give yourself permission to be a little more "selfish" today.

Ivy M. Carson is an Adult-Gerontology Nurse Practitioner and Certified Integrative Health Coach, and is additionally studying to become a certified Functional Medicine Practitioner via the Institute for Functional Medicine. Ivy approaches patient care from a functional perspective, seeking to uncover and address the root causes of imbalance, rather than simply managing the symptoms. The care she provides is patient-centered, and she is extremely passionate about partnering with individuals to formulate personalized plans to meet their health and wellness goals. In her leisure time, Ivy enjoys cooking, reading, yoga, estate sales, and singing in her community choir. She currently practices at Bio Energy Medical Center in Ann Arbor.

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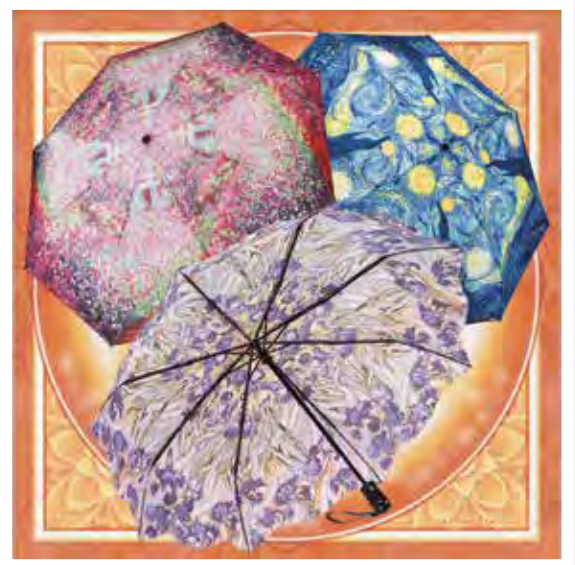

"The essential lesson I've learned in life is to just be yourself. Treasure the magnificent being that you are and recognize first and foremost you're not here as a human being only. You're a spiritual being having a human experience."

-Marianne Williamson

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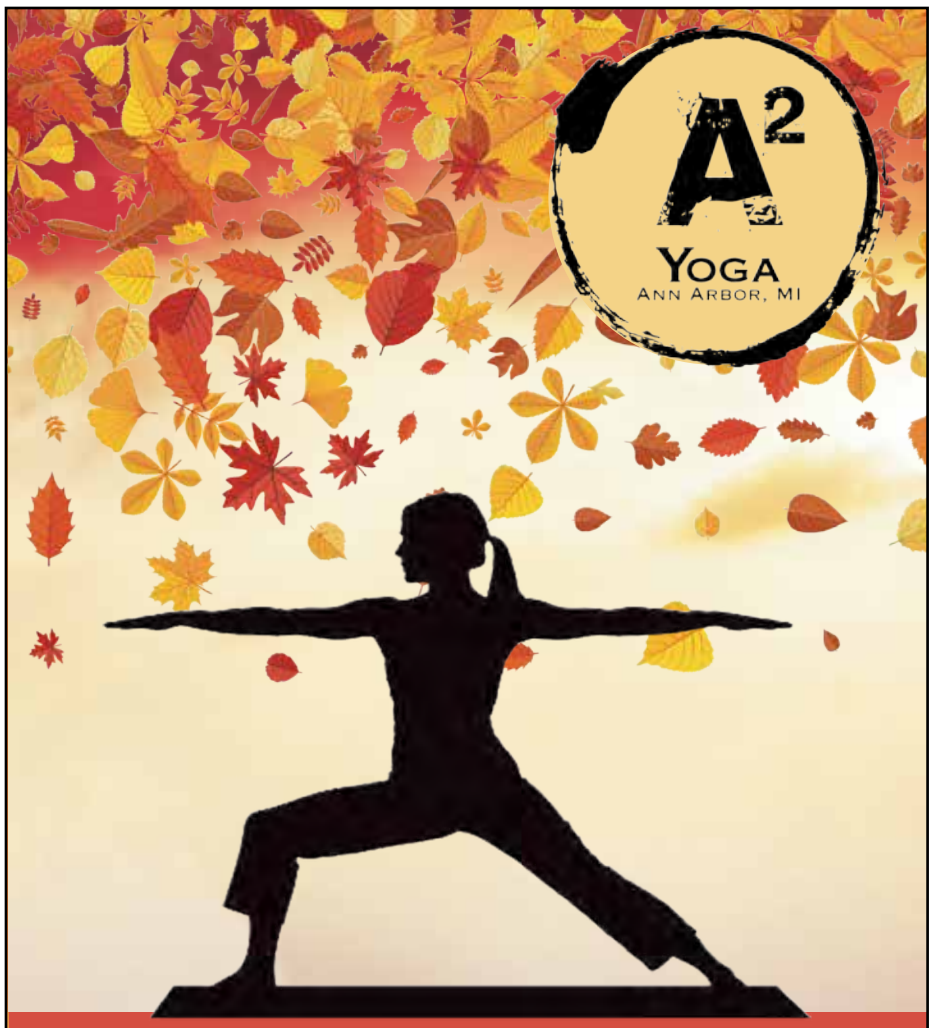

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Monday	Classes	Teacher
9:30 - 10:45 AM	Hatha & Meditation	Kevin
6:00 - 7:15 PM	Heart-Centered Hatha Yoga	Carter
7:30 - 8:30 PM	Gentle/Restorative Yoga	Tina
7:30 - 8:45 PM	Vinyasa	Ana
Tuesday	**Classes**	**Teacher**
9:30 - 10:30 AM	Hatha	Carter
9:45 - 10:45 AM	Gentle Flow Yoga	Sarah
10:45 - 12:00 PM	Mindful Yoga & Meditation	Dina
11:00 - 12:00 PM	*C2* FREE Community Yoga: On-a Flow*	Ana
6:00 - 7:00 PM	NIA	Megan
7:15 - 8:30 PM	Pre-natal Yoga: Mommy Time	Lisa
7:15 - 8:30PM	Vinyasa	Wendy
Wednesday	**Classes**	**Teacher**
9:15 – 10:30AM	Heart-Centered Hatha Yoga	Carter
10:45 – 11:45 AM	Basic/Yoga Fundamentals	Ouafa
6:00 – 7:15 PM	Ashtanga:Primary Series I Foundations	Wendy
6:00 - 7:15 PM	Vinyasa: Movement Flow	Natasha
7:30 - 8:30PM	Hatha Flow	Sarah
Thursday	**Classes**	**Teacher**
9:15 - 10:30 AM	Gentle Yoga & Meditation	Dina
9:15 - 10:30 AM	Classical Vinyasa Yoga (no beginners)	Samantha
6:15 - 7:15 PM	Vinyasa: Moment Flow	Isa
7:15 - 8:30PM	Vinyasa	Jo
Friday	**Classes**	**Teacher**
9:15 - 10:30 AM	Vinyasa	Wendy
9:30 - 10:30 AM	Gentle/Restorative Yoga	Lisa
5:30 – 6:30 PM	*C2* FREE Community Yoga: On-a Flow*	Ana
Saturday	**Classes**	**Teacher**
7:30 - 9:15 AM	*C2* FREE Community Yoga: Ashtanga*	Self-led
9:15 - 10:30 AM	Vinyasa I & II	Rachel
11:00 - 12:15 PM	Hatha: Traditional Yoga (All levels)	Natasha
11:00 - 12:00 PM	*C2* FREE Community Yoga NIA*	Ana
Sunday	**Classes**	**Teacher**
9:00 - 10:15 AM	Heart-Centered Vinyasa	Natasha
9:15 - 10:15 AM	Hatha: Yoga Foundations (All Levels)	Carrie
10:30 - 11:45 AM	Pre-Natal Yoga: Mommy Time	Dina
10:30 - 11:30 AM	NIA	Megan

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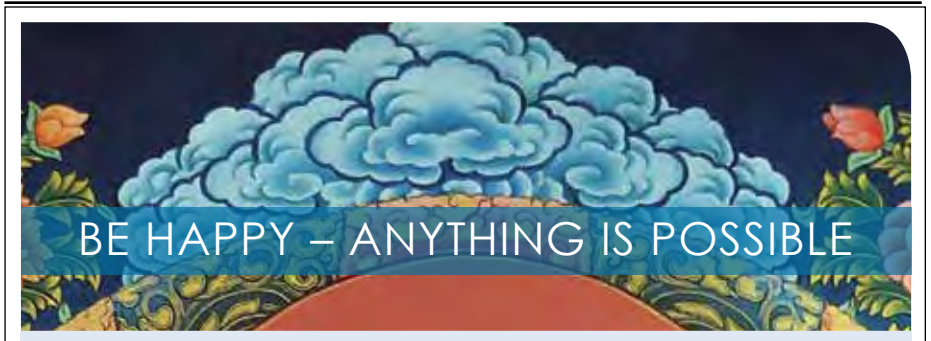

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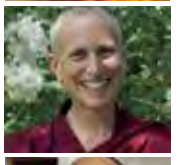

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October 2 - 3

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Namaste, Katie…

Whether you're a seasoned yogi or getting ready to roll out your mat for the first time, here you'll find a variety of useful tips from local yoga instructor Katie Hoener.

Namaste, Katie —

I walk ALL over campus with a lot of text books in my backpack, and my shoulders ache every day. Though I have been going to a gentle yoga class, I am struggling to find any postures that I can do when I get to class, or at home, to relieve that tightness on the front of my shoulders. Any pointers?

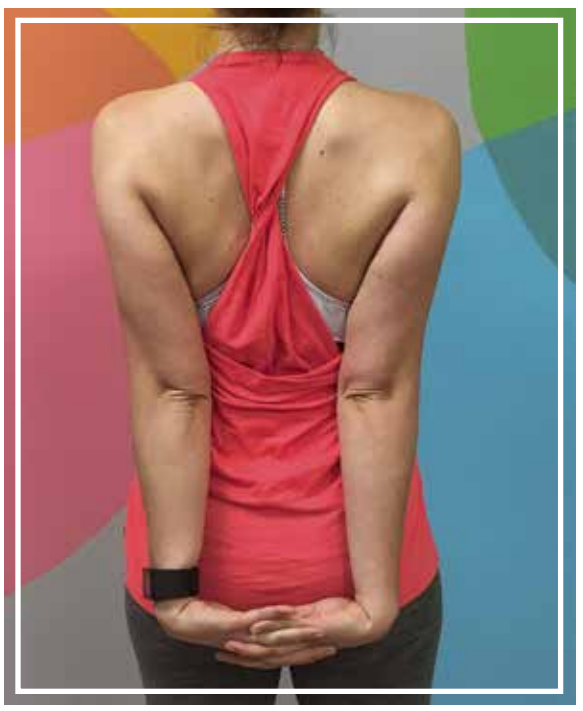
Jesse, Ann Arbor

Dear Jesse,

Oh, I remember those days well! In fact, I am living them again with my computer bag. Anything that adds weight on the shoulders can cause tension in the muscles. One common reaction to carrying weight on a consistent basis is to round the shoulders as we lean forward to balance the weight. We hollow out the front of the chest, which shortens the pectoralis muscles and can lead to the tightening of the jaw and neck as a way to attempt to balance the body.

When you take off your backpack, take a moment to do a few shoulder rolls. It is important to identify the area of need. Though we often make assumptions that this type of pain or discomfort is stemming from the chest, try to be mindful and aware of where the pain may be truly coming from. Inhale, let the shoulders float toward the ears, and on the exhale, draw the shoulder blades together and drop them down the back.

When you take off your backpack, take a moment to do a few shoulder rolls. Inhale, let the shoulders float toward the ears, and on the exhale, draw the shoulder blades together and drop them down the back.



In several yoga poses, we interlace the fingers behind the back while the shoulder blades are grounded. Weaving the fingers together, with the palms facing up (if this is available to you), draws the chest open. Breathe into that space. If you'd like more of a stretch, you can allow the hands to float away from the back. If you are feeling more room to explore, you may couple this with a forward fold, gaining additional openings for the front side of the chest. As mentioned, if bringing the hands together is challenging, try stacking the arms behind the back, with the shoulders moving toward each other. Some days this is enough. Enjoy these moments and allow for length through the shoulders.

The third eye references the Ajna Chakra, or the sixth chakra. When purified energy moves up through the five chakras and reaches the third eye, we are able to witness ourselves and our actions from a removed perspective.

Namaste, Katie —

Lately, though I recognize this is not a new concept, I have been hearing about the "third eye" — in movies, music, even comic books. I had a friend tell me this is a yoga term which is discussed in her class on a regular basis. Can you elaborate?

Dave, Saline

Dear Dave,

I certainly can, and I love, love, love when ancient yogic teachings make their way into our general way of life! It certainly gives people a sense of familiarity when they are in a class that may feel uncomfortable, and suddenly they hear a word or phrase that is recognizable, as you said, from TV, or a book. Anything that allows us to access yogic teachings works for me.

The third eye references the Ajna Chakra, or the sixth chakra. These energy centers in the body are all thought to have different properties, and the third eye is thought to be the witnessing self. When purified energy moves up through the five chakras and reaches the third eye, we are able to witness ourselves and our actions from a removed perspective. In many tellings, our actions are merely the playing of a movie, from which we can remove our minds at any time, back to their rightful place of peace. The numerous references to the third eye in pop culture you've noticed are touching upon this spiritual connection beyond the physical body to something greater than ourselves.

Namaste, Katie —

I am new to yoga. I have been to a few different classes and tried different types, and think I have found a style that I like. My question is, what do I need? There is so much out there, there are so many clothes, props, and things with the OM symbol on them. I mean, do I need mala beads? Do I need a salt lamp? Do I need socks with grippers on them? Help, please!

Holly, Ann Arbor

Dear Holly,

You raise a great question. Yes, yoga comes with a wide variety of props and accessories. Some of these I would call essential, and others, I would call optional. One great place to start would be to ask a teacher at your place of practice. Different styles of yoga do rely on some different props, so your teacher would be a good resource. He or she may also inform you about what your studio has available and what would be the most important to purchase for your home practice.

Personally, I think a yoga mat is essential. If you practice regularly (a few times per month or more), I would invest in a rubber mat. To find one, you will need to visit a specialty store. Rubber mats generally cost more than $50, but, in my opinion, they are worth every penny. Rubber mats are no-slip, and you can sweat on them, so there is no need for a towel or additional mat cover. They are also long-lasting. I've had mine for seven years, and I practice three times per week on average. Plastic mats, which are available just about everywhere these days, are great in a pinch, and are cost effective. However, they are a bit more challenging to work with.

Blocks, straps, blankets, and bolsters are the most commonly used props in more traditional classes. Bolsters are the most expensive item in that grouping, though if you have a steady home practice, you may enjoy having one. Generally, a few stacked blankets can be used in its place, or a couch pillow. For a strap, you can use an old neck tie as a quick substitution.

Last word — for clothes, wear what feels comfortable to you. Find pants that have a stretch so you can move freely. What they look like and have on them is really up to you. As I have said before, and will say again, this is *your* practice. If you like mala beads to meditate, or because of the way they look, get them, but, at this stage of your journey, they are likely not necessary to further your practice. In the next issue of *CW Journal*, I'll explain a great meditation chanting breath technique where you only need your hands. Stay tuned!

If you practice regularly (a few times per month or more), I would invest in a rubber mat. Rubber mats generally cost more than $50, but, in my opinion, they are worth every penny.

Katie Hoener is an RYT 500, receiving her 200 and 500 hour trainings. She is also a Licensed Master Social Worker. She is a partner at Verapose Yoga in Dexter (www.veraposeyoga.com). Please send in your own yoga questions to Katie@veraposeyoga.com.

Photography by Hilary Nichols

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GREEN LIVING

Michigan Folk School — Builds Self-Sufficiency, Community

By Kirsten Mowrey

There's an apocryphal story about a modern man and woman who move to a remote location and find themselves revered by the natives. They try to diminish that respect to what they consider an appropriate level, but the locals will have none of it. Then the couple discovers that, since the locals make and repair every single item they depend upon, the same has been assumed of them — their radio, watches, phones, kitchen tools. When the couple tries to explain that these items were made by others, and that they had no idea how to repair or recreate them, the locals were unable to comprehend such a world.

How many of your own needs can you meet? What needs do you trade for, working your job to make money to trade for items or services? How many of those needs could you meet yourself if you didn't work or worked less? Would you have the skill, the knowledge, the wherewithal to learn how to do what needs to be done for yourself and your family? And if, like most of us, you don't, where could you go to learn those skills?

> Small classes on a variety of self–sufficiency topics are the Folk School's curriculum. While skills and projects are the focus of each class, the broader emphasis is on creating a community of artisans.

I promised in the previous column to talk about "deep" green living, more than just "green shopping." This requires an intimacy with all of the ways our lives touch the world we live in and transforming that relationship. Knowing how to meet our needs ourselves — if not from our own knowledge, then through others we know — is part of that transformation.

My last column talked about permaculture and introduced the food forest, a landscape structure. Permaculture (think "permanent" + "agriculture") theory posits eight different types of capital in human civilization. "Capital" often conjures images of piles of money, putting a stake down in a financial venture, but I mean a broader definition here. Webster's defines capital as "wealth, in whatever form, used or capable of being used to produce more wealth." Wealth itself is defined as "abundance," "valuable products," and "well-being." The food forest, then, is a compact repository of biological living capital. It produces abundance, contributes to the well-being of the plants, soil, water systems, humans, and animals involved, and is capable of producing more wealth.

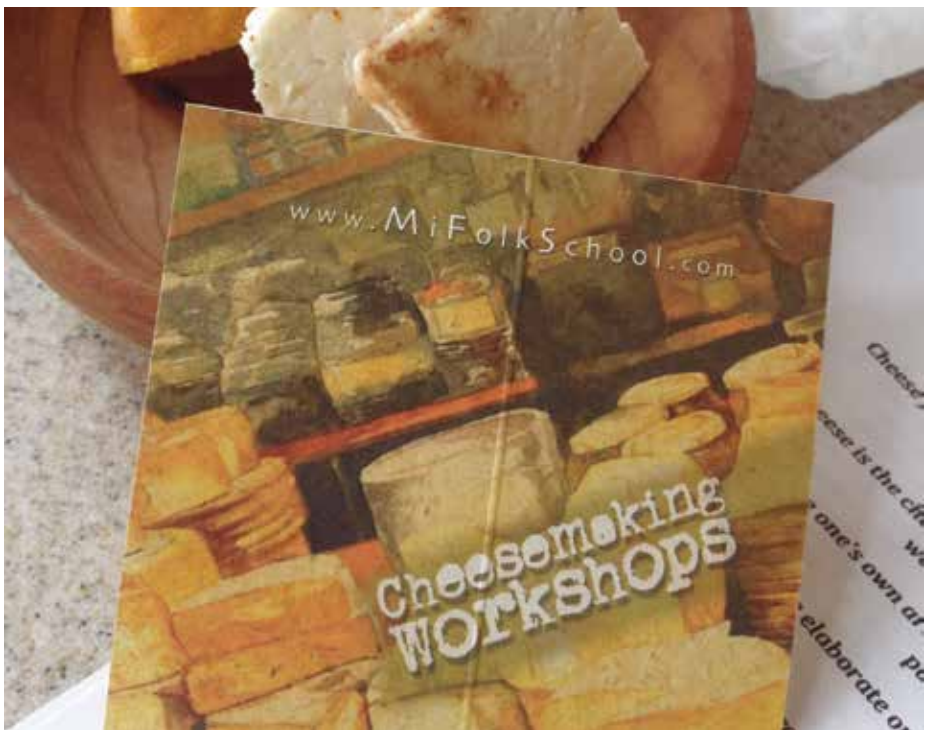
Craft and experience are another form of capital. Experiential capital combines knowledge (intellectual capital) with people: think community projects or hands-on learning. Learning as you create, gaining skills while working with others, meeting your individual needs while in community all build experiential capital. Encouraging this form of capital is the Michigan Folk School.

> Jason Gold, co–founder of the Michigan Folk School, points out that southeast Michigan has "a wealthy craft history, and we wanted to bring those cultural crafts to light."

Small classes on a variety of self-sufficiency topics are the Folk School's curriculum. While skills and projects are the focus of each class, the broader emphasis is on creating a community of artisans.

The Michigan Folk School draws inspiration from two models: Driftless Folk School in Wisconsin, which concentrates on agricultural arts and homesteading, and North House Folk School in northern Minnesota, which focuses on cultural crafts of their region. Jason Gold, co-founder of the Michigan Folk School, points out that southeast Michigan has "a wealthy craft history, and we wanted to bring those cultural crafts to light."

Jason began the School as an LLC with his wife Julia in 2012. Both educators, suburban born and bred with a strong interest in self-sufficiency, the Golds found themselves in 2011 with a flock of six-year-old chickens that were no longer laying eggs as before. They knew it was time to turn their flock into stock. Neither had ever



> The School strives, in Jason Gold's words, "to use the knowledge of yesterday and the technology of tomorrow to make a better today."

killed an animal. Jason describes himself as a "Jewish Buddhist" and no amount of YouTube videos or books could convince him this was a task to attempt alone. So Jason, Julia, and some friends in the same situation hired a teacher. "The experience was spiritual," recalls Jason. The slaughter was easy, fast, and nothing like the anxiety that he had felt in the days before. Jason left that lesson with the knowledge to process chickens humanely and competently, but beyond that, the community created that day was something he wanted to build upon.

Although it hadn't been their intention, the Folk School was born that day. The School strives, in Jason's words, "to use the knowledge of yesterday and the technology of tomorrow to make a better today."

After the initial chicken-processing experience, the Golds reached out to other teachers, offering small classes of no more than twelve people in introductory courses on constructing earth ovens, knife sharpening, broom making, blacksmithing, lacto-fermentation, soap making, and how to process roadkill. Today, many courses are offered through Washtenaw Community College's Community Enrichment Program. Eighteen percent of participants come from out-of-state to take Folk School classes, while forty-five percent are county residents.

> The School welcomes both skilled and unskilled volunteers to help with tasks ranging from answering phones and greeting guests to painting, building, and repairing.

In 2016, the Folk School became a 501(c)3 nonprofit with a Board to Directors because, says Jason, "We never wanted to own it; we want to leave something for the community." Both Golds have full-time employment outside the Folk School, as well as practicing their own crafts: woodworking for Jason, pottery for Julia.

Built mostly by word of mouth, the School's long-term goals are to have a permanent campus and the ability to offer longer courses in intermediate and advanced work for interested students. Those goals may soon be realized through the School's new partnership with the Washtenaw Parks and Recreation Department, which owns Staebler Farm County Park, a historic farmstead consisting of 98 acres of agricultural land, buildings, and wetlands. Programs currently in development at the farm will "follow what the original owner was doing," according to Jason, with the property eventually becoming an agricultural resource center.

Details are tied to the County's timeline, but Jason has initial plans for a wood shop and a blacksmith shop, to offer school groups "an encompassing experience of what people were doing 100 years ago." This expansion will be a big step for the Folk School and an opportunity for community creation in action: "We are really looking for help community building and creating the campus," said Jason. The School welcomes both skilled and unskilled volunteers to help with tasks ranging from answering phones and greeting guests to painting, building, and repairing.

Not only craft and skill are developed in the School's courses. Jason related a story from a recent knife-sharpening course held at Dixboro Church. Because of a website error, they had eighteen students and so Jason was assisting. "People are bringing knives to sharpen, so you have to be careful," he said. "There was a table with two women in their 70s and 80s wearing blue 'Hillary/Resist' T-shirts, and across from them were a man and his son wearing red 'Make America Great Again' T-shirts. I thought, 'Uh oh, they all have knives, how will this go?' Two hours later, they were the best of friends and traded contact information. [The class] created a bridge, a way to connect with one another above and beyond the politics of the day. To see each other for who we are, Americans. People."

To take a course or volunteer at the Michigan Folk School, visit their website at www.mifolkschool.com

CRYSTA GOES VISITING

In this column, Crysta Coburn writes about crazywisdom-esque people and happenings around Ann Arbor.

1 Naturally Healthy Skin with Mary Hess

Mary Hess, the founder of Hess Nest Naturals, LLC, grew up in Monroe, Michigan, and she has had an affinity for nature from a young age. "I was raised by the lake, and to this day find a great calmness being near a large body of water."

Her love for nature largely inspired her line of natural health and beauty products, Hess Nest Naturals, which produces natural lotions, scrubs, deodorants, liquid and bar soaps, lip balms, and vapor rubs. Hess is also a Registered Nurse, so she knows a thing or two about healing.

When I asked her what set her on this journey of creating natural healing products, she answered, "As a Registered Nurse, hand-washing is of the utmost importance. We all know that proper hand-washing helps stop the spread of disease. Sadly, that is not all that it does. Repeated hand-washing and hand sanitizing leaves hands cracked and bleeding." Hess discovered that using store-bought lotions "would only sting and further inflame [her] hands."

Mary Hess and her husband

In investigating the causes of the irritation and looking into a "multitude of ingredients," Hess was "alarm[ed] to know that all of these chemicals are being absorbed into our bodies" and "it was at that point that I realized that I needed to make my own lotion. After a few years of trial and tribulation, I finally came up with our perfect lotion recipe…. That is when we decided to launch this business. Hess Nest Naturals, here we go!"

Drawing from her healing background as a Registered Nurse, Mary Hess started Hess Nest Naturals, a line of natural lotions, scrubs, bar scrubs, deodorants, and more.

Essential oils are used to scent all of Hess Nest Natural's products. "There are so many possible scent combinations," said Hess. "I tend to be drawn to the essential oils that evoke a sense of calm and happy, those that uplift your mood…. I feel like a chemist in my own kitchen." Her favorite scent of lotion is Jasmine Patchouli, "although, I love them all!"

Currently, all of the products are made in Hess' kitchen and are distributed online through their website and Etsy shop and at craft shows. Said Hess, "I dream of having a storefront one day. I just have not yet had the opportunity." The business is a family operation and all of the online photographs are taken by Hess' daughter, an "aspiring photographer." Hess has been married to the love of her life since 1994 and they have three children, the "joys of their lives." "My family is so helpful and supportive," said Hess. "I could not do everything that I do without them."

Hess' promise on her website to her customers is "you will never purchase a Hess Nest Natural product that contains parabens, aluminum, phthalates or sulfates." "Our mission at Hess Nest Naturals is not only to create the world's most luxurious and natural beauty care products, but also to provide you with the information you need to make informed purchasing decisions. Your body is your temple. Lavish it with only the best the world has to offer."

Shop Hess Nest Naturals online at hessnestnaturals.com. Mary Hess can be reached at hessnestnaturals@charter.net.

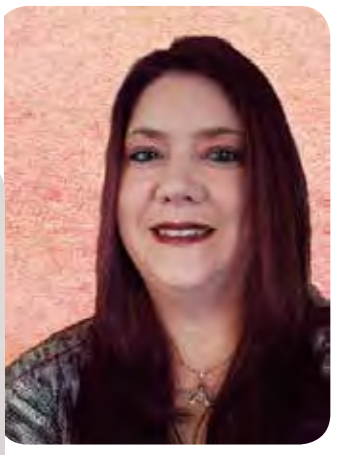
2 Charming Reiki-infused Jewelry from Melanie Kinzer

The Internet is a fount of information and opportunity and is what first introduced Melanie Kinzer, owner of the Plymouth, Michigan-based Charmed Crystal, LLC, to the dogma-free, Japanese energy healing technique called Reiki. "I was drawn in by the benefits of Reiki," Kinzer said, "how it is a natural way of healing your body in many different ways, and [how it] helps enhance your spiritual connection."

Reiki was developed by Mikao Usui, a Japanese Buddhist monk, in 1922 and is a *qi-*, or life force-based, hands-on healing technique. "I studied Usui Reiki healing through an online program called Pure Reiki Healing," Melanie told me. "I received my Master/Teacher attunement through a colleague."

Through her online shop, the Charmed Crystal, and as a vendor at "holistic, psychic, pagan, and spirit festivals," Kinzer sells handcrafted, Reiki-infused, natural crystal and gemstone jewelry. Her Healing Light Jewelry Collection is also carried by a psychic shop in Livonia.

The "Negativity Blocker" bracelet



Through her online shop, The Charmed Crystal, Melanie Kinzer sells handcrafted, Reiki-infused jewelry.

"I wanted to make a difference in people's lives by giving them a natural healing option, to help heal the negative effects of illnesses, and help attract one's deepest desires for their highest good," shared Kinzer about her jewelry. "I discovered that crystals, minerals, and gemstones have healing and attracting abilities from my first time visiting a metaphysical and spiritual shop… I learned that [by] placing healing stones within or around your aura, you can benefit from their amazing natural abilities."

Two of her favorite stones are citrine, "for its positive energy, enhancing [her] creativity and motivation," and black tourmaline, "for protection against negative energy." "I wear both of these amazing stones every day," she said. Some of Kinzer's designs include the Migraine Relief bracelet with lapis lazuli, rose quartz, and amethyst; the Focus and Study bracelet of tiger's eye and fluorite; a line of Chakra Symbol pendants; and more.

When asked how she comes up with her creative designs, Kinzer answered, "Using natural crystal and gemstone beads, I try different patterns by moving around the beads until I find a pattern that I love. I study an illness and its side effects to the human body. I research the crystals and gemstones [that] best fit the definition of treating the illness and the parts of the body the illness effects, then I pick the best healing stone combination for the bracelet design to ease the negative effects of the illness."

And Kinzer's favorite thing about her work? "Designing jewelry with a purpose. Helping people improve their emotions, easing pain and overall health…. It is truly rewarding to be able to help bring hope, love, support, and healing to those in search of a natural healing option."

Find Melanie Kinzer's jewelry online at www.thecharmedcrystalllc.com and reach her at thecharmedcrystal@yahoo.com. She is also on Facebook, Pinterest, and Instagram.

3 A New Way to Shop with Kristin Baker

If you've been paying any attention to women's fashion — and Facebook — in the last few years, you've probably heard of fashion designer and clothier LuLaRoe. They are known for their bright colors, bold patterns, and comfortable clothes that fit all shapes and sizes. Based on the multi-level marketing (MLM) business model, LuLaRoe clothing is only available through independent retailers like Kristin Baker, a resident of Ann Arbor's West Side.

"I love this company," Baker gushed to me. "We are all independent retailers that help each other out. We bless each other and customers on a daily basis. It's beautiful." Baker is a believer in LuLaRoe's compelling mission statement: "Where through fashion we create freedom, serve others and strengthen families. A place where lives are being blessed and dreams achieved through love, confidence, purpose, and growth."

Kristin Baker (right) with her sister and daughter

Kristin Baker is an independent retailer for the fashion brand LuLaRoe, which is known for its bright colors, bold patterns, and comfortable clothes that fit all shapes and sizes.

LuLaRoe's MLM model allows stay-at-moms like Baker, who has three children between the ages of five and eleven, to double as stay-at-home independent business-owners. Retailers hold what are called Pop Ups either online or in people's homes or places of work. Baker explained, "I pack up all my inventory and travel! I also host parties for people in my home if they don't have a space that works for them (I have a shop in my house)." For people who live too far to meet up in person, Baker holds online events. "Recently I had one for someone in Las Vegas." She went on, "I do use Facebook for parties and sales. I [use Facebook Live] in my group a few days a week with different sales. Sometimes my husband hosts sales in my group, which is always fun to watch!"

The online Pop Ups work more or less like any other online shopping, except that rather than a limitless supply of a style in various sizes, there is usually only one item per design and size, and you are competing with everyone invited to the Pop Up. I bought one of my all-time favorite skirts this way, a black maxi with white polka dots that never fails to receive compliments every time I wear it.

In the future, Baker hopes to expand her business by growing her inventory (LuLaRoe retailers purchase their inventories wholesale) "and carry more styles." "I would like to be able to make a significant contribution to my family income," Baker added, "and have fun doing it!"

For more information and to shop LuLaRoe, go to lularoe.com and find a retailer in your area.

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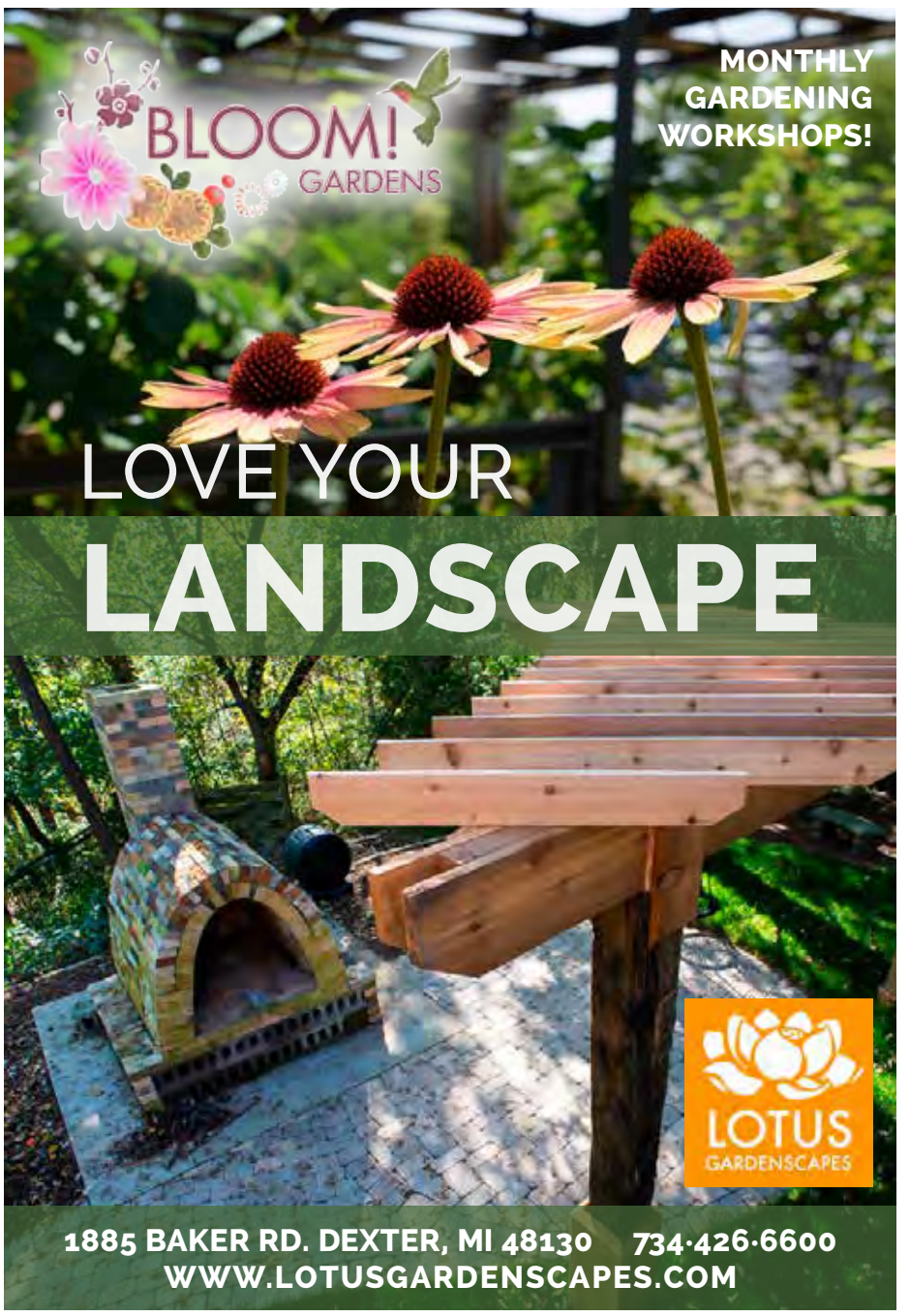
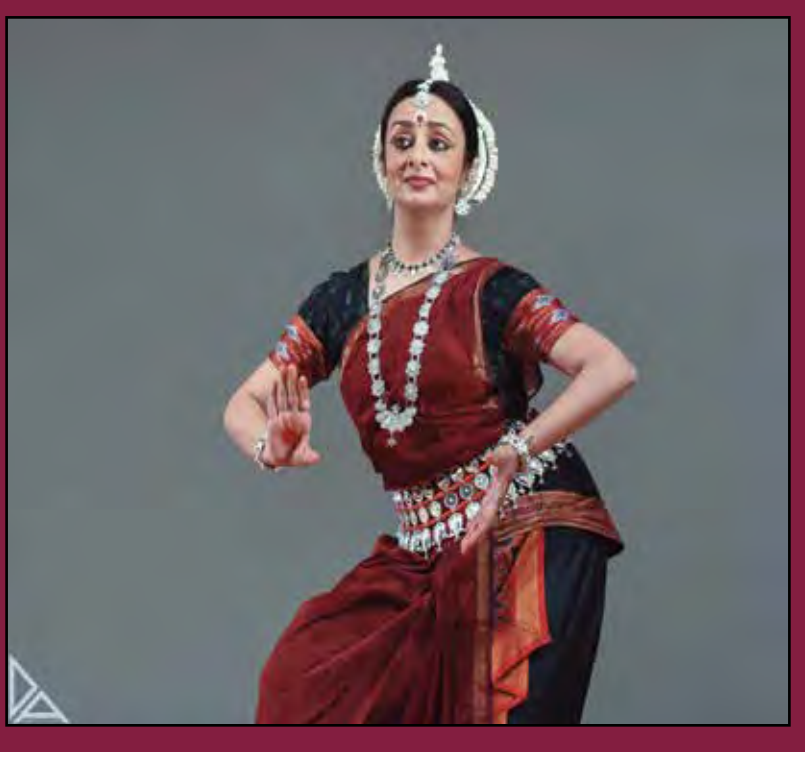


WHAT'S NEW IN THE COMMUNITY

By Lynda Gronlund-Naeem

This ongoing column features upcoming events within Ann Arbor/Washtenaw County and surrounding areas' Body/Mind/Spirit communities, new (during the past year or two) practitioners and holistic businesses, new books written by local/regional authors, new classes, as well as new offerings by established practitioners and holistic businesses.

From August 15 right up until September 28, Akshara, Ann Arbor's nonprofit organization supporting India-themed and inspired arts, is holding a major multi-arts festival called the Rasa Festival. (See article on page 23 for more info)



New Offerings by Established Businesses and Practitioners

Ann Arbor's Deep Spring Center for Meditation and Spiritual Inquiry, with Guiding Teacher Barbara Brodsky, has re-shaped their focus with a revised mission statement.

The new statement makes clear that the Center is "grounded in many spiritual traditions, and that co-creation with the Divine is a core aspect of [their] work." Brodsky explained that many people have associated the organization with Buddhism, but that it is not a Buddhist center. The concepts she teaches, with the guidance and help of the channeled entity Aaron and other entities, are understandable to everyone, she said. "We don't have to be Buddhists to understand this. Anyone can understand this."

The new mission statement is as follows:

OUR DEEP SPRING CENTER VISION
To awaken to higher consciousness.
We rest in the knowing that this is already so.

EXPANDED VISION
We support living with increasing wisdom, compassion, and an open heart.
We co-create this awakened world with all loving sentient beings.
We draw on practices of multiple traditions to lead us there.

MISSION STATEMENT
We honor this vision with our commitment to
personal spiritual practice;
guided by classes, retreats, workshops, shared teachings;
and supported by loving community.

The Center has new offerings this fall. One is a monthly program called Remembering Wholeness. Brodsky said that she channels an entity called The Mother — an expression of aspects of the Divine Mother — who then shares energy through her with the people who attend. "She looks at you with unconditional love," Brodsky said, "such that unworthiness, wrongness, and shame fall away," allowing one to experience one's own "innate wholeness."

Another new offering is the Dharma Journal, a monthly series of talks given by Aaron (channeled by Brodsky), offered freely as videos on the Center's website.

Brodsky is also working on a new book by Aaron with the working title *Living in the Light*. He has written several books with Brodsky in the past, including *Human*, and *Cosmic Healing*, which includes the story of how Brodsky came to begin channeling Aaron in 1989 after the sudden loss of her hearing.

The Deep Spring Center's website is www.deepspring.org. Barbara Brodsky can be reached by email at brodsky.barbara@gmail.com. Most of Deep Spring's events are held at the Interfaith Center for Spiritual Growth on Airport Boulevard in Ann Arbor.

Ann Arbor's Interfaith Center for Spiritual Growth has a new senior minister, Lauren Tatarsky.

Tatarsky has replaced David Bell, who served as senior minister since he founded the Center in 1997. Bell retired in June, but still teaches a class weekly and serves as a guest speaker.

Tatarsky has a master's degree in spiritual guidance from Sofia University in California (formerly the Institute of Transpersonal Psychology) and a bachelor's degree in peace and conflict resolution from American University. She is only 30 years old and comes from a diverse spiritual background. She was brought up in a Reform Jewish family, and she has received training in yoga, meditation, Hinduism, Buddhism, and Ayurveda. She has also spent time living in an ashram. She describes herself as a "spiritual eclectic," embracing what speaks to her from many spiritual traditions. In addition to her minister post, she maintains a private practice in spiritual guidance.

Tatarsky said that she views herself as more of a facilitator than what many people would think of as a traditional minister. The Center is popular with seekers who consider themselves "spiritual but not religious," she said. In her words, "they don't want to be preached at," and many of them want to have opportunities to share the wisdom they've found on their own spiritual paths. In the Sunday Celebration, some community members contribute as musicians, meditation leaders, and readers. After the talk or lesson given by the minister, there is an open mic period, when people can share what they are working on or thinking about spiritually. The Interfaith Center is "a community of people on a spiritual journey," where "everyone gets to learn from each other," Tatarsky said. One of the Center's guiding principles is to affirm "the truth in all faith traditions and religious paths." Services draw from many traditions and teachings.

Tatarsky also has a background in social issues, including poverty, race, environmental justice, and healthy food access. She has traveled the world as an

Continued on page 22

Deep Spring Center for Meditation and Spiritual Inquiry

Sunday Group Meditation
Meditation: 5:00 pm — 6:30 pm
5:00 – 6:00 meditation, 6:00 – 6:30 mindful sharing
All are Welcome! No experience necessary

Workshops
Sept. 23 | Nov. 4 | Dec. 2
Barbara Brodsky / Aaron
and
Dale Jensen — Sept. 23
Dr. Tavis Taylor, MD — Nov. 4
Dorothyann Coyne — Dec. 2

Evenings with Aaron
Barbara Brodsky / Aaron
Sept. 20 | Oct. 11
Nov. 8 | Dec. 20

Remembering Wholeness
Barbara Brodsky | The Mother
Sept. 10 | Oct. 8
Nov. 19 | Dec. 10

Oakwood Silent Retreat
Barbara Brodsky, John Orr and Aaron
Oct. 23 — Oct. 29
Selma, IN
Aaron and The Mother are channeled by Barbara Brodsky

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- Used Bookstore & Library
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www.interfaithspirit.org

Continued from page 21

activist for human rights, and she is a lesbian and an advocate for LGBTQ people. She hopes new, young and diverse seekers will be attracted to the Center, and is excited about the possibility.

The Center will host an Open House and Welcome on September 11 from 6:00 p.m. to 8:00 p.m.

[*The Crazy Wisdom Journal* did an article about Interfaith Center in its January through April 2014 issue (Issue #56), available on our crazywisdomjournal.com archive.]

Lauren Tatarsky can be reached via email at lauren.tatarsky@interfaithspirit.org or by phone at (734) 327-0270. The Interfaith Center for Spiritual Growth is located at 704 Airport Boulevard, Ann Arbor, MI 48108. Its website is www.interfaithspirit.org.

Local musician Laurel Emrys has formed a band called Fusionix, which plays what she calls "world peace jazz fusion."

She directs and plays flute, bansuri, and treble viol, and sings. Annabel Lemke plays violin and sings; Chris Foster plays cello, mandolin, bouzouki, and sings; and Matt Keating plays percussion and sings. Emrys started learning music at the age of 3 and has been involved in music for 65 years. She acts as director of the band and as a mentor for the three younger band members. She said she has envisioned and worked toward getting this band together for a long time.

In addition to teaching and performing music, Emrys practices a form of sound healing she calls "Being in Harmony," which combines her knowledge of brainwave optimization, her experience tuning, and her intuition as a Qigong practitioner and "highly sensitive person." She uses this healing modality to help people with physical, mental, and emotional issues, including chronic pain. She plays concerts designed for this purpose and offers individual attunement sessions. Fusionix also incorporates this concept into their music. Emrys said she is happy that she can now do it on a regular basis with a band of gifted musicians, sharing it with audiences as performance art.

Fusionix is a form of the word "fusionic," a term Emrys coined to mean "the quality of being in a state of fusion, which is typified by harmonious brainwave states." The band's music incorporates world sounds, which will be familiar to audiences, as well as original elements and improvisation, which will be new to listeners. They also play in many musical keys, where most musicians stick to just a few, she said. She believes that playing in what she calls "Full Frequency Harmonics" — utilizing many keys, including ones not frequently used in Western music — allows greater healing.

"Our music is designed to help the listener bridge the gap between the worlds and within themselves, so that we can all move forward in this time of great intensity into new paradigms of wholeness, of living love," she said.

Fusionix's performance schedule is available online at www.laurelemrys.com. Laurel Emrys can be reached by phone at (734) 276-4765 or by email at laurelemrys@yahoo.com.

MOVE Fitness and Wellness in Ann Arbor has launched a 450-hour Pilates instructor training program.

Made up of three modules, which cover mat work, the Pilates Reformer apparatus, and other equipment used in Pilates training, the course is designed to prepare instructors for the Pilates Method Alliance Exam (PMA) — the accredited, industry-standard certification for professionals. Students can choose to complete just one or two modules and can teach general Pilates classes before completing all three.

Elaine Economou, MOVE's cofounder and CEO, said that she created the program to give local instructors a way to receive high-quality in-person training in the Ann Arbor area, and to "build professional opportunities for trainers." She explained that there is a demand for qualified Pilates trainers in the area, including at the MOVE studio. Some of her team members bring over 20 years' teaching experience and knowledge to the program. Economou herself is an experienced Pilates instructor with a degree in movement sciences, and extensive training in kinesiology, anatomy, and other movement systems. She said that MOVE's program is unique in its warmth and sense of community, just like the Ann Arbor area itself.

Economou said the program, launched at the end of April, currently has about 10 students. The goal is for them to sit for the PMA exam in January. At least one has already been hired by a local gym to teach Pilates classes.

(Elaine Economou wrote an article called "Conscious Fitness and a Path to Family Wellness" for our September thru December 2012 issue (Issue #52), available on our crazywisdomjournal.com website's digital archive of past issues.)

More information about MOVE and the Pilates instructor training program is available online at www.movewellness.com. Questions can be directed to office@movewellness.com or (734) 761-2306.

Kim Cardeccia, a licensed professional counselor and experienced horsewoman, runs Hidden Promise, an equestrian facility outside Fenton offering "equine-facilitated mindful refuge."

Cardeccia said she noticed many years ago that her horse riding students were somehow more comfortable, and disclosed more information, than some of her counseling clients. From there, she began allowing the horses to assist in her counseling work, with "profound results," she said. Lora Girata, Hidden Promise's outreach coordinator, said, "Horses, with an uncanny ability to perceive subtle energy, offer a distinctive ability to support and heal the whole human."

Cardeccia began offering retreats for adults in 2008. This summer, she offered her first 3-day retreat — an "adult day camp" style program called Confidence Camp. "Horses respond well to a leader who is compassionate and empathetic," she said. "This is the same skillset needed to lead your own life in the direction of your choosing." Participants include both horse owners and complete beginners to horsemanship. Cardeccia said that she and the horses have helped people make progress in healing from trauma, health issues, and confidence issues. The camps are limited to four participants to ensure everyone's safety and to allow participants to receive personal attention from Cardeccia and the 17 horses on the property. The horses each participate in their own way, some just by being ridden, and others by interacting more closely. Participants are matched with a particular horse for the entire retreat. Said Girata, "The caring and nurturing relationships that develop between coach, horse, and participants as the days go by are meaningful and potentially transformative."

Retreat dates and registration are available online at Hidden Promise's website, www.confidencethroughconnection.com. Kim Cardeccia can be reached by phone at (517) 898-5094 or by email at kim@hiddenpromisecampus.com.

Katie Kidle, M.S.W., is joining Firefly Art Therapy in downtown Ann Arbor.

Kidle received her degree from the University of Michigan and has been treating clients at the Women's Center in Ann Arbor. Sibel Ozer, Firefly's founder and experienced art therapist, has served as her mentor for the last two years, and Kidle will now be working, with Ozer's guidance, at Firefly.

Kidle believes that before each person can begin to learn and grow in the therapeutic process, he or she needs to feel seen, heard, and understood. There are many modalities today that can assist in this process depending on the individual's needs and interests, art therapy being one. People interested in trying art therapy do not need any prior experience or special talent.

Kidle was trained and practices therapy using the RICH Relationship Model: Respect, Information, Connection, Hope. It is an empowerment approach which, she explained, is especially suited to clients who have experienced trauma or loss. She tailors her approach to each client combining holistic and structured treatments. She has training in cognitive behavioral therapy, exposure response and prevention therapy, and motivational interviewing. She uses these in combination with mindfulness, self-compassion, and attachment theory techniques. She is especially passionate and versed in treating clients of all ages who are living with obsessive compulsive disorder.

Firefly Art Therapy is located at 321-B South Main Street, Ann Arbor, MI 48104 and its website is www.sibelozer.com. Kidle can be reached at (734) 219-9085 or at katie.fireflyarttherapy@gmail.com.

Upcoming Events

From August 15 right up until September 28, Akshara, Ann Arbor's nonprofit organization supporting India-themed and inspired arts, is holding a major multi-arts festival called the Rasa Festival.

Visual arts, film, music, dance, culinary arts, and literature will all be represented in events and performances held in locations around Ann Arbor and Ypsilanti including the Michigan Theater, the Kerrytown Concert House, Riverside Arts Center, the Downtown Public Library, White Lotus Farms, Crazy Wisdom Bookstore, Café Verde at the People's Food Co-op, Literati Bookstore, and the Faber Piano Institute. The festival is sponsored by small grants from the Ann Arbor Area Community Foundation and the Michigan Council for Arts and Cultural Affairs. Many of the events offer free admission.

Organizer Sreyashi Dey said the intention is for the festival to become an annual event. "We feel that such cross-cultural exchanges are essential, especially in the present time, and strengthen our community in a significant way," she said. Dey has produced festivals and arts events in the past, but this will be the largest and most all-encompassing. "People don't always realize the breadth and depth of richness and diversity and interconnectedness of art forms from India," she said. Her goal is to represent that and introduce people to these beautiful, vibrant, and interesting art forms.

Dey herself is a professional performer, teacher, and choreographer of the Odissi style of Indian classical dance and will perform with her dance company at the festival's dance events. She has performed internationally with her company and won several awards. (*The Crazy Wisdom Journal* published "An Interview with Sreyashi Dey — Dancing with Tradition: Recreating Ancient Indian Spiritual Dances for Modern Audiences" in our January thru April 2012 issue (Issue #50), available on our crazywisdomjournal.com website's archive of past issues.)

Christina Burch, Akshara's art director, is organizing the visual arts events for the festival. She is a painter inspired and influenced by "the Tantric view of energy and embodiment." Her work is on display throughout the U.S., and some of her paintings will be on display at festival shows. She is an example of an artist who is not from India, but who is highly inspired by Indian culture and art.

Dr. Swaroop Bhojani, former University of Michigan research scientist and chef and founder of Ann Arbor's Hut K Chaats restaurant, will offer a farm-to-table strolling dinner at White Lotus Farms, which will include produce grown there.
Other contributors to the festival will be local, national, and international Indo-American artists.

For a calendar of events and more information on the artists and shows, the Rasa Festival website is at www.akshara-arts.org/rasa-festival. Sreyashi Dey can be reached by email at sreyashi2@gmail.com or by phone at (734) 223-5616.

The University of Michigan Depression Center's Heinz C. Prechter Bipolar Research Program will host Marya Hornbacher, author of *Madness: A Bipolar Life* and other books detailing her experiences with mental illness, for the 11th-annual Prechter Lecture.

The event will take place on November 8 from 6:00 p.m. to 9:00 p.m. at the A. Alfred Taubman Biomedical Science Research Building. This annual lecture is free and open to the public. Crazy Wisdom Bookstore will have Hornbacher's book for sale at the lecture, and she will be available for autographs.

The event will begin with a talk from Hornbacher, followed by a panel discussion with Hornbacher and University scientists researching bipolar disorder. It will be facilitated by the program's scientific director, Dr. Melvin McInnis. Audience members will have the opportunity to ask questions both of Hornbacher and the scientists. The communications manager, Kat Bergman, explained that when the program began offering these annual lectures for the public, they were headlined by research scientists, and sometimes the information was more technical than most audience members could understand. Last year, for the 10th lecture, the audience connected well with author Mimi Baird, who wrote *He Wanted the Moon: The Madness and Medical Genius of Dr. Perry Baird, and His Daughter's Quest to Know Him*. Her book documented her father's struggle with bipolar disorder, and his eventual death in 1959 after a lobotomy, which was intended to help with his condition. Bergman said she hopes that with this year's lecture, by featuring a writer who has struggled with bipolar disorder herself, the program can continue to decrease the stigma around the disease and around mental health in general and help more people to increase their understanding.

The Prechter Research Program, explained Bergman, has over 1200 people with bipolar disorder enrolled in a lifelong study consisting of regular online questionnaires and phone calls. This research is incredibly valuable in helping

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scientists learn more about the disease and how to best treat it. Many participants, she said, find being in the study helpful as it nudges them to reflect on their own condition and reminds them of habits that can help them to manage their health, such as getting enough sleep, eating well, and exercising regularly. The program is always adding people to the study; the more data it has, the more the scientists can learn.

More information is online at http://www.prechterfund.org/lecture/. The lecture will also be livestreamed from the website and archived for later viewing. Kat Bergman can be reached for questions at kbergman@med.umich.edu.

For those interested in attending a small discussion group about this book, and about bipolar disease, Crazy Wisdom Bookstore will hold a Book Discussion Group on Friday, October 20th at 7:30 pm in its Community Room. It will be hosted by store owner, Bill Zirinsky, and is free and open to anyone, whether they've read the book or not.

Ann Arbor's Westside Art Hop is a bi-annual event in its sixth year.

Previously, it was held in May and December, but this year the December event has been moved to Saturday, October 14, in hopes of more comfortable weather for walking between the homes, yards, and garages that house the art displays. Organizer Sophie Grillet said the show is juried to maintain quality. Artists pay a low fee to support the Art Hop, and any sales proceeds are theirs to keep. The May show hosted just over 40 artists, said Grillet. Each event gets a little bigger — the first had just 12. She said the event attracts a few hundred visitors, from inside and outside the neighborhood. Some artists live in the neighborhood, others set up in spaces offered by neighbors who want to support the event. It's a one-day event, she explained, "So no one has to spend too long sweating over it. It's very straightforward." Painters, fiber artists, photographers, potters, and others have displayed their pieces. As the event has grown bigger, Grillet said, it will be moving under the nonprofit wing of the Ann Arbor Art Center. They are always looking for more neighbors who want to donate their space or otherwise get involved, and are accepting new artists who want to participate.

More information is available online at www.westsidearthop.com. Sophie Grillet can be reached at westsidearthop@gmail.com.

New Classes

Kimberly Cresswell and Carrie Gibbs Fraser formed Float Ohm SUP in late summer 2016.

SUP stands for stand-up paddle boarding. Most people have seen the large, surfboard-like contraptions floating on the Huron River in recent years. The boards used by Float Ohm are a bit different. Designed specifically for yoga and fitness applications, they are wider and more stable than most boards, said Cresswell, making them easier for paddle boarding novices to use. Cresswell and Gibbs Fraser were both experienced Ann Arbor-based yoga teachers prior to being introduced to SUP yoga. They completed SUP yoga certification in the early summer of 2016 with California-based teacher Amelia Travis, founder of Stoked Yogi. Cresswell explained that adding the SUP aspect into yoga is "a great way to spend time outdoors, and improve core strength, endurance, and flexibility."

Float Ohm offers a variety of ways to try SUP out. Complete beginners may be interested in the Intro to SUP classes to learn the basics of getting on and off the board and maintaining balance. Floatfit is a high intensity interval training fitness class on the board for a yoga-free fitness experience. SUP yoga classes are offered throughout the summer as well. Private classes and lessons are available by arrangement (Creswell said they recently hosted a bachelorette party). In February of 2018 they will travel to Puerto Rico for four nights of SUP and beach yoga and other adventures like kayaking in a bioluminescent bay.

Cresswell said, "It looks really difficult but don't be intimidated!" She emphasized that she and Gibbs Fraser are focused on everyone having a great time, regardless of their level of experience.

More information on classes and retreats is available at www.floatohmsup.com. They can be reached by phone at (734) 430-0787 or by email at floatohmsup@gmail.com.

The Jewel Heart Tibetan Buddhist center in Ann Arbor will host a three-day compassion training course by Geshe Lobsang Tenzin Negi from November 3 through 5.

The course is part of the Cognitively Based Compassion Training (CBCT) program designed by Negi and offered at Emory University in Atlanta, Georgia. This will be the first time this course is offered in Michigan. Students may take it as a standalone course or as an introduction to the program offered at Emory. Continuing education credits may be available for nurses, social workers, mental health professionals, and others. Emory can provide documentation of the work for those who may want to petition their organizations for credit.

CBCT teaches people, through progressive exercises and meditations, to cultivate compassion and understand how one's thoughts and actions support compassion or not. CBCT aims to increase one's desire to help others and to make compassion a more ingrained habit. The training may be of interest to educators, medical and mental health professionals, and anyone seeking to become more compassionate in their professional and personal lives.

Negi, a Ph.D. and former monk, is the cofounder and director of the Emory-Tibet Partnership, created in 1998 to bring together Western and Tibetan Buddhist thought and science on well-being.

Registration for the course is available online at www.jewelheart.org. Questions can be directed to Kathy Laritz at kathyjewelheart@gmail.com or (734) 994-3387. Jewel Heart is located at 1129 Oak Valley Drive, Ann Arbor, MI 48108.

Starting September 30, the Self Realization Meditation Healing Centre (SRMHC) in Bath, Michigan, will host international teacher Hànanda Whittingham for the Progressive Counselling and Coaching course, now offered on weekends.

This course is usually offered for three full weeks in a row followed by an assessment week, which works well for students at the SRMHC headquarters in England, where people have more vacation time available than Americans typically do. The Michigan Centre's resident teacher, Joanne Peeters, said that one student had contacted the Centre and expressed her deep desire to complete the course, but was only able to do it on weekends due to her work schedule. Thankfully, Whittingham was available and agreed to come to Michigan for the extended time needed. She will also care for the Centre while Peeters travels to the Founding Centre to continue her training with SRMHC founder and guru, Mata Yogananda Mahasaya Dharma.

The course is a two-year, six-module program. Modules one through three are offered in the first year. Modules four through six are offered in the second year and will be offered on weekends as well. The first module is also available as a standalone course and may be taken by anyone wishing to explore the program and consider whether it is right for them. It covers listening and communication skills, said Peeters, "how to get our own egos out of the way to listen clearly and respond clearly." The subsequent models teach how to "hold a space of unconditional love; keep ourselves out of the way; use our intuition; and help the person in front of us to progress spiritually, and come to their soul's purpose." The content will be useful to people in mental health and medical jobs, but also to anyone who wants to learn to communicate better, use their intuition, and help others more effectively.

Participants will have many opportunities to role play and practice the skills being taught. The course will be limited to a maximum of 10 students, to keep it intimate and allow Whittingham to give personal attention to everyone. Home-cooked vegetarian meals are included in the tuition and onsite accommodation is available for those who would like to stay on site for the weekends.

The SRMHC is a 501c3 nonprofit organization and offers tuition assistance to students who are interested in the course but unable to afford it. The Centre is also always in need of volunteers.

The Self Realization Meditation Healing Centre is located at 7187 Drumheller Road, Bath, MI 48808. Its website is www.selfrealizationcentremichigan.org. Joanne Peeters can be reached by phone at (517) 641-6201 or by email at info@selfrealizationcentremichigan.org.

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New Practitioners and Businesses

In November of 2016, Denise Carbonell moved with her husband from Okemos to Gregory, Michigan, in the Dexter/ Chelsea area, bringing her practice Joyful Spirits with her.

Carbonell is a licensed professional counselor, Reiki master, and endorsed life coach. She became a certified hypnotherapist in June. She has retired after working for 30 years as a high school counselor and is now focused on helping people through her various healing modalities to improve their lives. She knows that the mind, body, and spirit are interconnected so that healing in one area impacts the others positively as well. This is why she has trained in various healing formats, giving her flexibility in what she can use to assist different individuals. She said, "I strongly believe we hold the answers within us and my role is to help bring the answers out."

Reiki often entails using a very light touch by the practitioner, which can help balance the client's energies and be deeply relaxing, sometimes "bringing issues to the surface to explore and heal," Carbonell explained. Life coaching, she said, can help people through change brought about by life circumstances or by one's own goals. The coach serves as a "partner and co-creator," helping the client shift his or her awareness and perception. Hypnosis, she said, can help the client access memories and examine limiting beliefs in the subconscious mind, allowing them to adopt new beliefs that better serve the individual. She received her certification as a hypnotist from the Institute of Transformational Hypnotherapy this past summer, and is honing her skills with friends and family before beginning to offer this service professionally in the fall.

The modalities Carbonell uses with clients depend on their own goals, preferences, and needs. She said that her wish is to help people toward "awareness, change, growth, and ultimately a more joyful spirit."

Denise Carbonell can be reached at (517) 775-2731 or at carboden@aol.com. Her website is www.joyfulspirits06.abmp.com.

Purna Yoga Ann Arbor, located off of Geddes Road in Superior Township, will open in mid-September.

Owner and certified yoga instructor Raisha Janet Love began teaching yoga in 2007 and enrolled in the College of Purna Yoga in Washington (state), where she has completed the 200 and 500-hour certifications. She is currently enrolled in the extensive 2000-hour certification.

Love explained that "Purna" means "complete" in Sanskrit. It is a newer style created by yoga master Aadil Palkhivala (a student of B.K.S. Iyengar) and meditation and Kundalini master Savitri, creator of Heartfull Meditation. She said that Purna Yoga is alignment-based and safety-focused, but also provides "an invaluable set of tools for transformation," both on and off the mat. "Yoga is not about the shape of your body, it's about the shape of your life," said Love. The system includes learning asana (postures), pranayama (controlled breathing) and Heartfull Meditation, as well as nutrition and yogic philosophy adapted to modern life. It is based on ancient teachings while acknowledging current science and lifestyles.

Purna Yoga Ann Arbor will offer classes for beginners and intermediate students, and eventually, Love said, she would like to offer a teacher training program. Morning and evening classes will be available. The studio is a former artist's studio in a home "on a three-acre wooded lot surrounded by nature." Love has been renovating the space, and one of its features is "the great yoga wall" — a tool consisting of straps hooked into grommets in the wall for inversions — developed by her teacher Palkhivala to help lengthen the spine and ease back pain and shoulder and neck tension. Love said it is great for those who would like the benefit of handstand type postures but are not able to perform them.

Purna Yoga Ann Arbor's class schedule will be available online at www.purnayogaannarbor.com. Raisha Janet Love can be reached at (989) 284-1042 or at askraisha@yahoo.com.

Evenstar's Chalice, Ypsilanti's new store for "vintage relics," local art, "sacred swag," and more, opened its doors on July 7.

This was a "soft opening," in anticipation of a grand opening September 22 through 24. In the meantime, the store will continue to unfold and take shape while introducing itself to the community.

Partners Jeanne Adwani, Mara Evenstar, and Mara's husband, Russ Jones, came together on the project after realizing the next steps in their goals were compatible. Adwani has been collecting antiques for over 30 years and is a tarot reader, but she has made her living as a hair stylist. The building she had been operating out of was sold in January and she was looking both to relocate her salon and open an antique shop with an eye toward "integrating [her] passions, spirituality, etc." She had decided to "just make it work," when she met with friend Evenstar at Cultivate Coffee & Taphouse in downtown Ypsilanti to catch up. Evenstar and Jones had been working toward manifesting a "center for transformative arts" as an outgrowth of their organization New Myth Works, which they started five years ago with a vision to "provide a dynamic sanctuary for our conscious evolution." A retail store was always a part of this vision as a support for the center, but in talking to Adwani, Evenstar realized it would be a good place to begin.

Evenstar's Chalice came together with a unifying idea of "being an offering to the Divine Feminine." This is evident in the store's sign — a goddess holding a chalice — and in its six altars subtly mixed in its merchandise displays. The altars are for earth, air, fire, water, the Goddess and a "community altar," which briefly held an Elvis theme for Ypsilanti's nearby Elvis fest. The altars will change and rotate but will always be present in the store's makeup, Adwani explained.

Adwani's hair salon is in the rear of the store space, which is just uphill from Riverside Park, where Evenstar's organization Sophia Unfolds recently hosted a full moon gathering. World of Rocks is a neighbor, and Adwani hopes that the vacant space next door will soon be filled by another complementary business. There is a seating area for guests to mingle, and the space will hold classes and gatherings. "We love being in Ypsi," she said, "and being a part of the unfolding, greening and renewal of the community."

The store will sell art from local artists, antiques, altars and altar adornments, goddess images, and more. The eclectic mix, explained Adwani, all fits within the altar concept. "We all have them," she said, "a shell from the beach, a picture of the kids, all the things we display in our homes." She envisions people being inspired by the store to use their personal "altars" in a more conscious, intentional way. The vintage and antique items also serve the purpose of honoring the "Great Mother" Earth by reusing and upcycling instead of discarding.

(Jeanne Adwani was featured in our Cover Story on "The Hair Healers of Ann Arbor" in our May thru August 2011 issue (Issue #48), which is available on our crazywisdom.com website's digital archive of past issues.)

Evenstar's Chalice is located at 36 N. Huron St., Ypsilanti, MI 48197. Their website is www.evenstarschalice.com. They can be reached by phone at (734) 905-7980 or by email at info@evenstarschalice.com.

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Please note that the "What's New" column is part of the editorial (not paid-for advertising) part of the journal, and the editors may or may not include what you submit. Whether the editors include material or not will depend on space considerations, as well as other editorial issues, such as the need for high resolution jpgs and the overall mix of stories included in the "What's New in the Community" column in a given issue. If you would like to submit information to be considered for this column, please email communitynews@crazywisdom.net or drop off or mail to the store: What's New in the Community, 114 South Main, Ann Arbor, Michigan 48104. The firm deadline for submissions for the next issue (January thru April 2018) is November 1, 2017.

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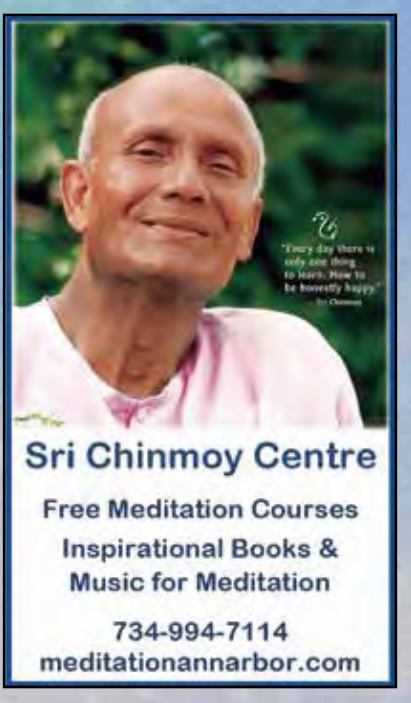

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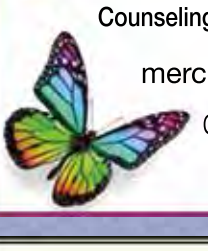

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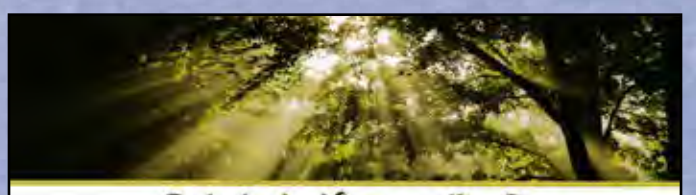

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Writing

Leaps of Faith

Tales of Local Businesses

This is one of a series of articles we've been doing on local business owners and their relatively newer businesses. As the economy in Michigan has struggled and then revived over many years, there are still brave souls who have taken the leap of faith to open their own businesses here. What follows are personal profiles of two businesses that are thriving despite the odds.

By Mary Stokley
Photos by Susan Ayer

Namaste Moments with Carla Samson of Align Divine Yoga —

Align Divine Yoga
201 E. Liberty St. #16, Ann Arbor, MI 48104
734-276-7242; www.aligndivineyoga.com

Namaste: the divine light within me bows to the divine light within you.

Ann Arborite Carla Samson is grateful to her parents, who allowed her to experiment with different things as a child, believing they contributed to her finding her place in the world today. She feels they are an integral part of what she accomplishes through the classes and training she offers at Align Divine Yoga.

Samson tried ballet, tap dance, drums, soccer, and basketball throughout her elementary, middle, and high school years. "I went to Pioneer High School and that was great," Samson explained, "but I didn't feel very much passion for school. And living in Ann Arbor brings with it a certain assumption that one will attend college, and so my dad asked me what I was passionate about, what would I want to go to college for? I love to run and exercise, I told him, and he said, well, maybe there's a major you can find that has to do with exercise." Samson attended Western Michigan University, majored in Exercise Physiology with a minor in Holistic Healthcare, and then she was on her way.

After graduating, Samson went to work for a women's weight loss and wellness retreat in the mountains of Vermont. "I was one of the exercise specialists, and I worked there for a while, but I wasn't fulfilled. There was something missing, there was more to be birthed in me, and I didn't really feel comfortable in a gym environment. I never liked that the focus was all about the body because that just didn't resonate with me. I knew there was more to it." She enjoyed exercise because the rush of endorphins made her feel good, but simple focus on the body and musculature left her less than fulfilled. "There was a depth of motivation and intrinsic transformation that was missing with this approach, so I began a journey to find that depth in my own life." She left her job in Vermont, purchased a plane ticket, and headed for New Zealand.

"There was a depth of motivation and intrinsic transformation that was missing with this approach, so I began a journey to find that depth in my own life."

Samson had always felt called to go to New Zealand and Australia. "I didn't want to just jump into another job after leaving Vermont, I wanted to experience a little bit of the world before I did that." Samson traveled across New Zealand with her pack on her back and her thumb in the air for three months. "I had some profoundly beautiful experiences there. It's incredibly humbling to depend on the kindness of others to get you from place to place, and it opens you up to witness the breadth and depth of love that is possible in another human being, and in yourself."

From there, she backpacked across Australia, and experienced incredible compassion from human beings that she'd never experienced in the United States. "I'd just never opened myself to the universe to show me the compassion we all have inside us

Carla Samson
"Yoga means to yoke or be united with the Divine, the higher power," Samson explained. "And I felt that way the entire time I was there. For the first time I can remember, I felt truly and completely connected with a higher power and a higher purpose."

in the way I was able to do while traveling." Samson always had a plan for her next move until she spent this time in New Zealand and Australia. "I just allowed life to flow through me and allowed myself to flow with life for the first time." And it was there where she began learning about the practice of yoga. Her visa was nearly expired and she asked some friends she'd made if they would recommend any other place she should travel before she had to return to the United States. They told her she needed to travel to India, and two weeks later she was there.

Landing in Delhi was a ridiculous experience, according to Samson, because it was so bustling and hectic that she immediately needed to get away from the city. She purchased a bus ticket to the Himalayas and spent the next 24 hours crammed into a seat at the back of the bus between two Indian families. After landing in Kasol, Samson spent the next three months backpacking through the Himalayas. "I only met one other American the entire time I was there and spoke English on a few occasions, so it was like a silent trek across the Himalayas."

Samson practiced Asana Yoga, which focuses on postures, only once while she was there because she already felt wholly connected to the higher power. "Yoga means to yoke or be united with the Divine, the higher power," Samson explained. "And I felt that way the entire time I was there. For the first time I can remember, I felt truly and completely connected with a higher power and a higher purpose."

During yoga practice, practitioners recite Namaste (see above) to their instructors and fellow practitioners. "In India, this is how you greet everyone. You are consistently honoring the light of the divine in others. It is such a deep worship and prayer for life that is so different from anything I'd ever understood before, and I am so grateful I was able to experience it."

Her visa was nearly expired and she asked some friends she'd made if they would recommend any other place she should travel before she had to return to the United States. They told her she needed to travel to India, and two weeks later she was there.

Upon returning to the United States, Samson went back to personal training and became the head personal trainer for Fitness Together, a private club in Ann Arbor. Samson began meditating and brought meditation into her training, but still felt a longing for something more. After six or seven months, she quit that job, packed all her belongings, and moved to California. She spent the next nine months tenting around California, allowing the flow of life to take her from one place to the next, and surrendering to the experiences that came her way. She spent time in a Zen Buddhist temple where she learned the value of "being" in the moment, to nurture the experience each moment provides, rather than trying to return to her past or travel to her future.

They spent their time studying and diving into the South American Medicine traditions, working with Shamans and other teachers of mystery, learning deep breathing and meditation techniques, and yoga practices emanating from indigenous traditions.

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She returned to Ann Arbor once again and met Scott, now her fiancé. After living here for about two years, they decided they wanted to go travel again, and went to Columbia, South America for three months, and on to Panama, Costa Rica, and Guatemala each for a month. They spent their time studying and diving into the South American Medicine traditions, working with Shamans and other teachers of mystery, learning deep breathing and meditation techniques, and yoga practices emanating from indigenous traditions. After this, Samson and Scott went back to California, then lived in Alaska, and traveled and studied in Peru, until she received a very clear vision that she was to return to Ann Arbor and open a yoga studio. "I've been given so much," Samson said, "that now it is my responsibility to give back."

Samson completed her 200 hour (Center for Yoga Ann Arbor) and 300 hour yoga (Saul David Raye) teacher certifications. "And now I've been able to open this beautiful studio and to share with anybody who wants to come what I've had the opportunity to learn." Samson returned to Ann Arbor in April 2016, opened Align Divine Yoga Studio in December 2016, and began training others how to experience life flowing through them, taking them where they're supposed to go, and sharing the traditions she learned through her travels.

Align Divine Yoga offers instruction in classes which use breath and movement combined with shamanic and yogic techniques, posture yoga, meditation through sound with quartz crystal bowls, and Hatha Yoga techniques combined with Tantric tools to light the soul's inherent flame.

In October, Align Divine Yoga is offering a 200 hour Tantric Yoga teacher and immersion training instructed by Samson and Natasha Schaffer. If you're interested in this training, or in beginning a yoga or meditation practice, please contact Samson, and she will be happy to provide you with the information necessary to help you make an informed decision for the next step in your spiritual awakening.

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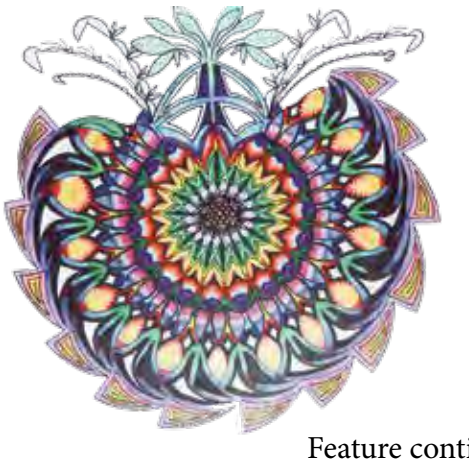

Feature continued on page 34

Leaps of Faith

Tales of Local Businesses

Feature continued from page

Ollie Food & Spirits: A Depot Town Favorite —

Ollie Food & Spirits
42 East Cross Street, Ypsilanti, MI 48198
734-482-8050; www.ollieypsi.com

Flint native Mark Teachout has been an entrepreneur for most of his working career. He started his roots in the music industry as a tour manager and sound engineer in Chicago, moved on to a boxing/fitness gym in Portland, Oregon, and then spent some time in New York City before moving back to Michigan in 2009. He lived in Detroit for a year before moving with his wife, Danielle (also from Flint), to Ypsilanti. He promptly saw a business opportunity.

Mark took a job as a dishwasher at Café Luac (the same location as present day Ollie Food & Spirits) and washed dishes for about two weeks before asking the owner if he'd be willing to sell the business.

Mark took a job as a dishwasher at Café Luac (the same location as present day Ollie Food & Spirits) and washed dishes for about two weeks before asking the owner if he'd be willing to sell the business. His mother gave him a small business loan, and Mark went from dishwasher to business owner in the span of two weeks. "My entire family is made up of entrepreneurs, so this is nothing new to us," Mark said. Around this same time, Mark also purchased (and still owns) Two Jerks Records, located just down the road from Ollie also on Cross Street in Ypsilanti.

Danielle and Mark have been the owners and managers since the café opened in 2010, and continue to manage the two establishments, and, with the help of some additional managerial staff, do their utmost to provide the best possible customer experience for each patron who walks through the doors.

Because the established Café Ollie closed for a couple of months in January of this year, many people may be under the assumption that Ollie Food & Spirits is under new management. But the truth is that the café underwent a rebranding and renovation and re-opened its doors as two businesses, Ollie Food & Spirits and Cream & Crumb (located next door to Ollie). Danielle and Mark have been the owners and managers since the café opened in 2010, and continue to manage the two establishments, and, with the help of some additional managerial staff, do their utmost to provide the best possible customer experience for each patron who walks through the doors.

Danielle and Mark Teachout

Café Ollie, a Depot Town favorite, was a fairly broad business concept that offered coffee, ice cream, beer, wine, and lunch. “We knew that in order to take the business to the next level, we had to separate the businesses and have the café side in a different location which wasn’t available,” Mark explained. Then the Russian Ballet Studio moved and left open the space right next door. “So, we moved all of that [coffee and ice cream] next door and rebranded Café Ollie as a full-service restaurant and bar.”

Business was good for Café Ollie, but its definition became somewhat confusing to the customers, and the owners had to address that particular issue. With the launch of Cream & Crumb, they subtracted food from the menu, and rather than sourcing their own sweets, they utilize Zingerman’s and a few other local bakers to provide their breads and pastries. Mark and Danielle felt that they’d reached the pinnacle for Café Ollie, so the separation of businesses was necessary.

With the launch of Cream & Crumb, they subtracted food from the menu, and rather than sourcing their own sweets, they utilize Zingerman’s and a few other local bakers to provide their breads and pastries.

“Sometimes when refining, subtracting components can be more beneficial than adding, and that’s what we did with Cream & Crumb and Ollie Food & Spirits; we’ve curated a small menu that’s very specific to lunch and dinner menus and brunch on the weekends.” And now, when people walk into either business, they have a very clear idea of what each is and what they provide. “There’s really only so much any coffee or ice cream shop can do without expanding into twelve such shops. We wanted to refine the businesses without having to expand.”

So far, sales have skyrocketed since the relaunch. Mark finds it interesting that even though they’ve been in business for six-and-a-half years and this feels old hat to them, the reality is that for many people who walk by, it is a brand-new business. “We’re only a few months into this rebranding and we don’t yet know the full potential. I think we’re going to be doing really high business. The response from the community has been great.”

They’re trying to be ahead of the curve by projecting and speculating, not about what Ypsilanti and Depot Town are, but what they’re going to be, and what Ollie Food & Spirits will become along with it. “People who’ve been our customers for a long time are happy with what we’ve done, and new customers are thrilled with what they see when they come in, so I honestly can’t see any downside to anything we’ve done,” Mark said.

Ollie offers a seasonal menu with foods that are locally sourced and based on a Midwestern cuisine. “We don’t like to refer to it as fine dining, although the quality of the food is fine dining without all the pretense and price,” Mark shared. They try to have prices that are appropriate and affordable for anyone who comes in to eat.

Smaller portion sizes at an appropriate price helps make this possible. Ollie prices their entrées moderately with the expectation of higher volume at a lower price point, as opposed to many fine dining venues that place less expectation on volume and more on the higher price point. “We want to pack the place out rather than having eight people come in who pay an exorbitant price.”

Mark finds it interesting that even though they’ve been in business for six-and-a-half years and this feels old hat to them, the reality is that for many people who walk by, it is a brand-new business.

Ollie will still participate in Ypsilanti’s First Friday events, and the works of local artists will be displayed and rotated with more frequency. “We used to do a lot of live music, which we don’t really do anymore because we want to focus on being a bar and restaurant and less on being a music venue,” said Mark. It’s that idea of keeping the concept narrow enough that customers can readily recognize who they are and what they do.

A year and a half ago, Danielle and Mark were going to sell the business outright, due in part to knowing they’d taken Café Ollie as far as they could, and also due to health concerns that Mark was facing. “I have really bad degenerative, rheumatoid arthritis. I got to a point where I couldn’t move and ended up in the emergency room on several occasions,” he said. Thanks to a new doctor and new medication, and the space next to Ollie opening up, all the circumstances fell into place and they decided not to sell. “It was as if we’d planned it out, but we hadn’t.”

As the owners, Danielle and Mark are only a part of the equation. The rest is made up of the people who work with them. “We have an amazing and knowledgeable staff of people, people who are passionate about what they do. It’s not just a job for these people. Nobody here is just passing through on their way to somewhere else and need a job. The real heart and soul of Ollie Food & Spirits and Cream & Crumb is the passion that our people bring to what we do.”

So, where did the name Ollie come from? Mark’s parents were going to name him Burgess Oliver, and his nickname was going to be Ollie. “My father was in Australia in the 1960s and got into a bar fight when he was jumped by his opponent’s friends. An old man jumped off the bar to his rescue and saved his life. His dad thanked him, but the man told him no thanks were necessary, just name your first born son after me. That man’s name was Burgess Oliver. My mother refused to name me Burgess Oliver, so I pay homage to him with the name of the restaurant and a cocktail called the Burgess Oliver.”

###

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Thursday, October 5, 7 PM

When most people think of hemp, they visualize paper and rope. Our understanding of this often misunderstood plant is quickly changing. Driven by advancements in technology as well as the surging interest in CBD, research continues to unlock the scientific secrets of the hemp plant. Panelists: **Nathan Ayers,** Director of Chiwara Permaculture Research & Education and national expert in regenerative Agro-Ecology; Lisa Profera, MD -- With over twenty-five years of medical experience, **Dr. Lisa Profera** offers a wealth of knowledge. She is passionate about integrating the best practices of lifestyle medicine to help her patients heal and thrive; **Ted Donahey** -- An Army Veteran and Chief Agronomist at Island Farms, specializing in CBD genetics and breeding; **Mark Wagnon** -- An executive in Silicon Valley before coming to Ann Arbor, Mark is an "extreme generalist" and sustainable community systems architect. Facilitator: **Sandy Wiener**. Sandy has organized past Salons on "Who/What Are We Anyway," "Science and Psi," "Lucid Dreaming," "Comparing Permaculture and Biodynamic Farming," and "The importance of Recess and Play in Education."

Building Bridges between People: Creating Hope through Creative Activism and Resistance
Thursday, October 26, 7 pm

Join us for a stimulating discussion of the important approaches to resisting a national agenda that denies many of our fundamental rights and rolls back the clock on critical reforms. From environment to immigrants' rights, to the challenge of inequitable representation, join our participants in an exploration of the many innovative ways we in Ann Arbor and the nation are evolving to let our voices be heard and counted. Come add your voice and ideas to the discussion. Panelists: **Mike Garfield**, Director, Ecology Center, Innovative Solutions for a Healthy Environment and Planet; **Idelle Hammond-Sass,** Ann Arbor Jewish Sanctuary, PEG, Equality in Government; **Carrie Hatcher-Kay**, PhD, Activist/Member of A2 Citizen Pod and UU Indivisible; **Melanie Harner**, Washtenaw Interfaith Coalition for Immigrant Rights. Facilitator: **Lucinda Kurtz,** M.A., Brennan Healing Science Practitioner. Contact Lucinda at Lucinda@lucindakurtz.com for more information. www.lucindakurtz.com

Do Labels Define a Person's Worth? An Evening with Author Janice Fialka
Thursday, November 2, 7 pm

Her book, ***What Matters: Reflections on Disability, Community and Love*****,** is the powerful story of Micah Fialka-Feldman, who has an intellectual disability, his community, and the ground breaking journey of full inclusion in K-12 schools, college work and life. Learn what it takes to ensure that labels such as "low IQ" do not define one's ability to contribute to the world and live a meaningful life. Discover why Krista Tippet of *On Being* praises the book as "mind-opening, life-altering, soul stretching." A book of practical guidance, wisdom, and humor for all, because we all need to be included. **Janice Fialka**, LMSW, ACSW is a nationally-recognized speaker, author, award-winning social worker and advocate on issues related to disability, inclusion and family-professional partnerships. She is also a compelling storyteller. The mother of Micah and Emma, Janice brings grace and grit to her conversations. Hosted by **Bill Zirinsky**, owner of Crazy Wisdom.

The Crazy Wisdom Salons are free and open to the public.

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Music Reviews

By Sarah Newland

African Rumba cd
By Putumayo World Music
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Ritual cd
By Peter Kater
and R. Carlos Nakai
In their first recording together in over 10 years, Native American flutist Nakai and piano/composer Kater stand once again on common ground. This cd invokes a rich and soulful exploration of self within a musical landscape created through deep listening, presence, and love.
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Vintage Italia cd
By Putumayo World Music
Enjoy La Dolce Vita with this nostalgic musical stroll through the golden age of Italian popular song.
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Chakra Healing Music cd
Awaken Your Inner Source of Healing and Transformation
The Ison Method
This cd releases blockages in your physical and energetic bodies. As you listen, you will experience waves of relaxation and expanding emotional freedom. From this deep and open place, healing occurs spontaneously and new possibilities for living emerge.
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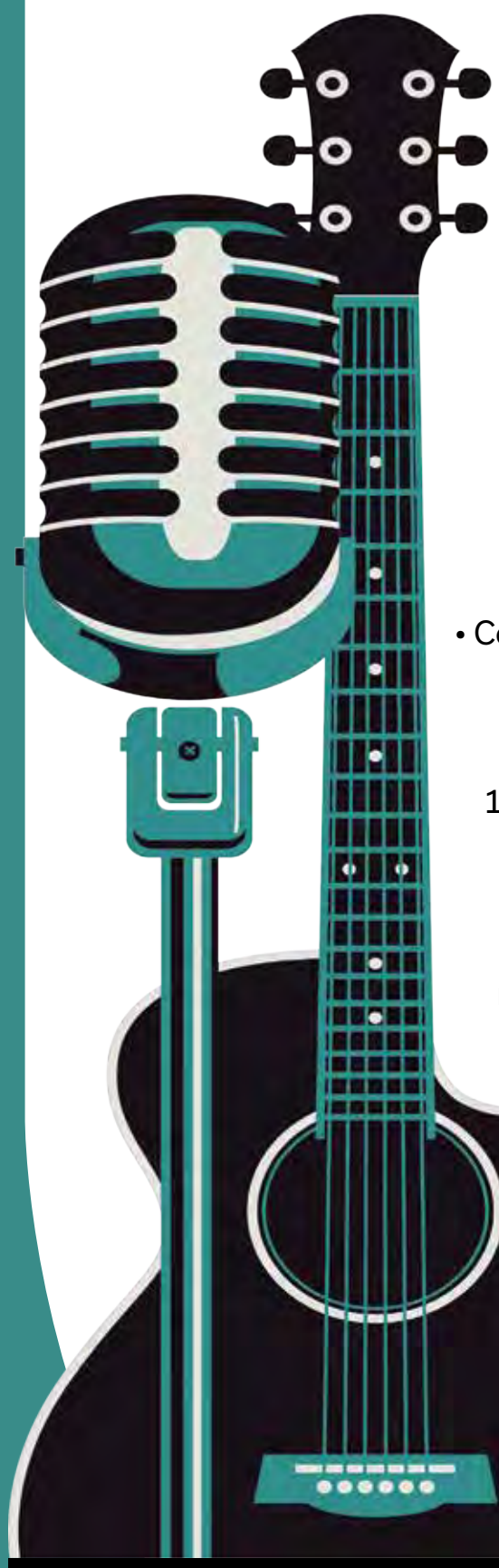

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September 15: Luti
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September 22: George Heritier
September 23: Charlie Mosbrook
September 29: John Latini
Spetember 30: PB and J (Pennock, Beverly and Judy)

October 6: Davey O.
October 7: Gemily
October13: Mike Ball
October 14: Indian Music Night with John Churchville
October 20: TBA
October 21: Scott Fab
October 27: Rochelle Clark
October 28: Judith Banker

November 3: Annie and Rod Capps
November4: Robin Monterosso
November 10: Mia Green
November 11: Sigrid Christiansen
November 17: David Roof
November 18: Indian Music Night with John Churchville
November 24: Luti WSG Bobby Pennock
November 25: Dave Boutette

December 1: Dan Hazlett
December 2: Bill Edwards
December 8: Blue Water Ramblers
December 9: Alison Donahue
December 15: Ed Dupas
December 16: Indian Music Night with John Churchville
December 22: Billy King
December 23: Holiday Busk for Charity
December 29: TBA
December 30: TBA

Holiday Busk for Charity • December 23 - 8 to 11 p.m.

This holiday season we are debuting a special program we hope will become an annual event. Many of the fine musicians in our local community will gather to "busk" outside and inside Crazy Wisdom to raise money for "Lost Voices", a group headed by some of those same musicians who are helping incarcerated youth find healing through songwriting and performance. Please join us for some fabulous holiday music and a chance to contribute to this worthy organization improving lives one song at a time. For more info on Lost Voices visit lostvoices.org

The Food Section

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Fairytale Baked Goods

Their Scones are a favorite at Crazy Wisdom Tea Room!

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A FAMILY FIRMLY PLANTED: HILLTOP GREENHOUSE AND FARMS

KEN AND DENISE PRIELIPP AND THEIR CHILDREN COURTNEY, LINDSEY, AND DAVID

By Angela Madaras
Photography by Hilary Nichols

(Editor's Note: The writer, Angela Madaras, has written numerous articles about local farming for the CW Journal. *She's put her heart into these stories. She has been struggling with lupus during the years of writing for us. Nearing completion of this article, Angela went into hospice. It means much to her to see this article in print, and this profile reflects her deep love for Ann Arbor's organic food culture.)*

On a bitter cold and rainy day in late April, my husband and I were inspired to do our annual trek to HillTop Greenhouse and Farms to plot this year's garden and bask in the warmth and stunning visuals contained within the expansive space.

The day before I was in the process of contemplating another horticultural local for the farm beat column for the *Crazy Wisdom Journal* while in the midst of personal challenges that greatly hindered my ability to tackle basic tasks. I simply could not come up with a story line. I knew I had to let go and trust that the perfect story would reveal itself if only I pay attention and step aside. Quite honestly I was going to postpone the piece for a later date.

> On a bitter cold and rainy day in late April, my husband and I were inspired to do our annual trek to HillTop Greenhouse and Farms...

Then the family that inspires HillTop moved me. I firmly believe there are no real coincidences. Sometimes life carries me to a certain intersection in time, where if I pay attention to the subtle nudges guiding my path, I am better able to accept there are hands of something greater than myself guiding the way. As we were leaving, it became completely clear their story was meant to be shared with reverence and gratitude.

HillTop Greenhouse and Farms is located between Parker and Jackson Road, ten minutes from Ann Arbor, and we have been patrons for the 11 years since they opened. The proprietors, Denise and Ken Prielipp, and their staff have a way of being that is uplifting. Getting a hug from Denise is a bonus!

The space is nurturing and visually stunning; overflowing with colorful vibrant hanging baskets, an expansive array of annuals, perennials, and my personal favorite, vegetable and herb seedlings. They have one of the most extensive varieties for edibles starters I have ever encountered, including heirloom and rare varieties alongside the most popular choices for our region. Denise and Ken procure non-G.M.O. and seeds sourced by initiative companies, when available. They hand seed 90 percent of their plants, with the exception of tropicals, and other proprietary annuals and perennials (all clearly labeled). The green house is 52,000 square feet and very peaceful.

After spending an hour with them while my husband and I contemplated our summer garden, they shared with us their new winter venture of raising fresh vegetables and herbs to sell at their stall at the Royal Oak Farmers' Market.

I was honored to capture a portion of the following interview amidst Denise and others working, laughing, and sharing in the conversation. They moved through the greenhouse gently carrying by hand the jalapeño seedlings to their new home in the veggie garden area. I sat at a table in the center of the greenhouse with an incredibly wise and grounded woman Denise calls "Ma B" (Frances Baldus). We placed tiny jalapeño seedlings into trays in a "quilting bee fashion." Denise and Ma B's bond touched me in a profound way. I realized in that moment that the heart of this operation is not just the business of farming-horticulture, sustainability, or raising beautiful flowers and edible plants for all to eat and enjoy. HillTop is a precious family heirloom sewn tenderly together with weathered hands, commitment, resilience, hard work, and a supportive community of "friends." This is the legacy they will leave for their three children and future generations.

***

Angela Madaras: What is the nature of your relationship with "Ma B"?

Denise Prielipp: Ma B, I met her through her son, Ken. He was a sales rep for the greenhouse — seeds. I was looking for a reference for a seamstress to make a christening gown [out of my wedding gown] for our daughter, Lindsey. Ken introduced us. I physically met her at JoAnn Fabrics while dropping off my wedding gown. It pained Ma terribly to cut up a wedding gown. To this day, I have my wedding gown, but an heirloom piece for my children also, all sewn together with love from a woman I admire and a story they also know and can share as time passes.

As our family grew with David, my dear friend made David's entire christening suit. So a beautiful gown and a suit for our family to treasure for all time. Ma B is a dear, dear friend. She's one I hold closest to my heart. She is a mentor, teacher, and woman through whom I've learned how to become a better person, wife, life lessons, and motherhood. We share an enormous amount of time together laughing, and sometimes in silence, just being in the greenhouse and all the beauty surrounding us. Knowing that each day is a gift to have such a special woman in my life. *[Denise gets teary just talking about Ma B and it is contagious as I found myself welling up with tenderness.]*

> HillTop is a precious family heirloom sewn tenderly together with weathered hands, commitment, resilience, hard work, and a supportive community of "friends."

Angela Madaras: Tell me about your beautiful "Three Little Farmers".

Denise Prielipp: David, age 9, raises chickens. He received his first six chickens for his fourth birthday, of which six ended up being roosters. We then replaced [them] with egg laying hens. That was the birth of his fledgling business, David's Eggs. We found another home for the roosters and bought other eggs that are the best sellers at the market. Courtney, age 13, plans on selling her meat goats, Sweetheart and Leia, at the Washtenaw County 4-H fair in July. She's planning on saving her dollars for college from the sale of the goats. Lindsey, age 10, is collaborating with David in growing and selling sunflowers.

Continued on page 41

"It takes time to grow a garden, and it takes time to grow in learning what best suits a gardener."
-Denise Prielipp
FAMILY FARM

A FAMILY FIRMLY PLANTED: HILLTOP GREENHOUSE AND FARMS

"Mom, I could never live where there are close neighbors. I want to be able to run and play without worrying. Climbing trees and making forts in our barn, things my friends don't get to do."
–Lindsey Prielipp

Continued from page 39

Angela Madaras: You used to have a nine to five job, working for G.M.A.C. Finance 13 years ago, that you left after you met your third-generation-farmer husband, Ken. Would your children prefer you work "a normal" nine to five job, as you did then?

Denise Prielipp: That's right. I met Ken at the Royal Oak Farmers' Market, I was working a second job after I got off work at G.M.A.C. in the evenings selling for a farmer and Ken was at the stall next door. We got married and purchased 42 acres to start the greenhouse together. That was the end of nine to five. And my kids love that this is our life.

AM: Are you inspired by your grandfather, also a farmer?

DP: Absolutely. I saw his hard work and his dedication my whole life, from when I was a young child until the day that he passed on. He worked on a hobby farm and sold vegetables at his roadside farm stand until he was no longer able to do that. It was in Bruce Township.

AM: How do you think about what you do?

DP: We actually talk about that daily. *"We feed families,"* David says on a repeated basis. Courtney, in particular, is passionate about saving farmland. She told us that, "People want to move to the country next to the farmer, but they're taking space to grow food for them and others when they buy farm land. It's a big circle. Land equals food. No land, no food." So says a 13-year-old wise beyond her years.

Lindsey — she's my girl who wants to run in a field. She says, "Mom, I could never live where there are close neighbors. I want to be able to run and play without worrying. Climbing trees and making forts in our barn, things my friends don't get to do."

"MAEAP Certification was just a simple way to publicly acknowledge our family's efforts to the community that we care about."

-Denise Prielipp

AM: What inspired you to become voluntarily MAEAP certified?

[Michigan Agriculture Environmental Assurance Program (www.maeap.org) is a recognition by the State of Michigan as a sustainable farm working in service for environmental protection. HillTop is the first greenhouse in Michigan to receive certification.]

DP: We have one land. Ken and I care about the land that we farm and live from. The land provides our family our way of life. Land is a gift; never take the land for granted. Recycling plastic, down to the plant tag, is just what needs to be done. MAEAP Certification was just a simple way to publicly acknowledge our family's efforts to the community that we care about. It's for our family, as well, our children, and our community, and to our state. MAEAP is a voluntary program. It took us three years, and thousands of dollars — of our own — to finally put all the pieces together to become certified. Well worth the time and dollars to rest at night knowing that we are valued by the State of Michigan as an environmentally friendly farm.

Continued on page 43

CHILDREN GROWING

A FAMILY FIRMLY PLANTED: HILLTOP GREENHOUSE AND FARMS

Continued from page 41

AM: Do you have any hints or ideas for first time gardeners?

DP: Don't overload yourself. Start small. *Grow what you will eat.* Plant colors that you enjoy looking at if you're planting flowers. Most importantly, know yourself. If your lifestyle doesn't fit into a watering schedule, be honest. Success is key. From the newest and littlest gardener to the most elaborate of gardens, it's always a learning experience. It takes time to grow a garden, and it takes time to grow in learning what best suits a gardener.

AM: To which organizations do you donate?

DP: There's a whole list, but most importantly we give back to the communities that shop with us. We're in Chelsea with the Boy Scouts for a fundraiser in the spring, Dexter Schools for a mum sale, plants for science projects, Oakland County Habitat for Humanity, and The Ann Arbor Garden Walk. We've also contributed to Food Gatherers' Auction and Ele's Place.

AM: Did you receive any grants or assistance financially?

DP: No grants here. Sacrifice, sweat, sacrifice, tears, struggles, support, and love from friends and family and days we were carried through by a higher power to make this dream live.

Most importantly, what I personally want to share is gratefulness. During the downturn in the economy those who only had a few extra dollars in disposable income came in and supported us. Just one basket or one flat. Sharing that they couldn't afford to plant as they used to, but they still wanted something in their yard, and they made a conscious effort to make our business their destination of choice. We are not located on a main road. Our "friends who shop with us," as Ken and I call our customers, are intentional each year to remember us. We don't spend dollars advertising. So every new face, every friend over the years is made via another friend.

> "During the downturn in the economy those who only had a few extra dollars in disposable income came in and supported us. Just one basket or one flat.... Our 'friends who shop with us,' as Ken and I call our customers, are intentional each year to remember us."
>
> -Denise Prielipp

AM: What do you enjoy doing on your off hours?

DP: Watching my children run together. Their smiles, hearing their giggles. Looking at my husband's hands with the toil of the day's work out in the fields, feeling his calluses as I hold his hands. The flicker of a campfire when all of us can sit and share.

Most evenings in the Prielipp household, while sharing dinner, we ask the children the following questions: what was the worst part of the day, then the best part, and something to be thankful for. In that order. Always ending on thankfulness.

***

Denise, Ken, and their children bring people together; sowing seeds of gratefulness for those who are drawn to support them, and of course, the greenhouse and picturesque farmland that sustain their livelihood.

Their gratitude and joy are palpable and extremely contagious. I, too, share the belief that being thankful for every moment on terra firma is the key to authentic joy and that deep reverence for the fertile land which sustains each and every one of us is a grander family heirloom.

HillTop Greenhouse and Farms is located at 8996 West Liberty Street, Ann Arbor, Michigan 48103. You can visit their website at www.hilltopgreenhousea2.com. For more information, call them at (734) 302-4233, or email them at HilltopGreenhouseA2@yahoo.com. Shoppers are welcome on a seasonal schedule starting in late April, with seasonal hours updated on their website and Facebook. Mother's Day is a favorite time to buy plant starters there, with the greenhouse filled and open to the public.

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SEVEN WAYS

To Kick The Sugar Habit

by Rachel Lozon

Your co-workers brought in cake for your birthday, you promised the kids ice cream after dinner, and your neighbor pops over with homemade cinnamon rolls. Sugar is everywhere. It's a celebration, an indulgence, it's simply love.

The average American consumes nearly 90 grams of sugar per day. Most of all it's doing more harm than good. Studies have shown that sugar contributes to heart disease and can lead to liver disease, hypertension, obesity, Type 2 diabetes, and kidney disease. Eliminating your added sugar intake as much as possible is one of the most powerful things you can do for your health.

Sugar is addictive. It stimulates the brain pathways the same way as a drug would. The cravings that are induced by sugar are comparable to those induced by cocaine and nicotine. Addicts crave what they are addicted to, so you should expect sugar cravings as you begin to eliminate it from your diet. Stopping the sugar will lead to withdrawal symptoms. Feeling tired, irritable, anxious, and having headaches is typical. You can manage to make it through a few days of feeling unpleasant, especially if you are aware of the positive changes you're making for your health. There are Seven solutions to kicking the sugar habit. Let's begin, shall we?

Eliminating your added sugar intake as much as possible is one of the most powerful things you can do for your health.

1 **Check your bevvies!** — Sounds crazy, but sometimes sweet cravings are a sign of dehydration. Drink a glass of water, wait five minutes, and see if you still have the craving. Keep a water pitcher filled in your fridge and refill your glass throughout the day. Try adding fresh fruit and/or herbs to give it extra flavor. Cucumbers and mint are my favorite! Also, too much caffeine mimics a blood sugar crash —you're high for a bit, but then you come crashing down and crave… SUGAR, of course.

2 **Satisfy your sweet tooth with sweet veggies, fruit, and spices —** Your tongue has sweet taste buds that demand to be satisfied, so don't hold out on them. Add naturally sweet foods and spices to your diet like squash, yams, carrots, beets, berries, figs, apples, cinnamon, coriander, nutmeg, cloves, and cardamom. Studies have shown that the polyphenols in cinnamon help to reduce sugar cravings by controlling blood glucose levels. How neat is that?

3 **Sleep —** For many of us, this is easier said than done. But, if you're constantly tired, your body is going to look for energy, usually in the form of sugar or caffeine. Power down an hour earlier than usual and notice how your cravings disappear. Some extra Z's come with added bonuses, too. Sleep helps improve your immune system and lowers stress levels. Too much stress sometimes will boost sugar cravings. So rest up!

4 **Check your protein —** This is a fun, cool fact — watch how much protein and what kind of protein you're eating, especially animal protein. Eating too little animal protein can lead to massive sugar cravings. Eating too much animal protein can lead to massive sweet cravings. Finding just the right sweet spot for protein intake will keep you feeling satisfied and therefore less likely to crave sweets. Choose protein-rich foods, such as organic meat, eggs, fish, dairy, beans, nuts, and seeds.

5 **Sniff out low-fat and fat-free foods —** When food manufacturers remove the fat from foods, what do they replace it with? Yes, sugar! Yogurt is a great example. The healthy fats are a far better choice over fat-free. Many low-fat and fat-free foods promoted as healthy options contain more sugar than their "full-fat" equivalents. In some cases, more than five times as much. I encourage you to read labels before making a purchase. Healthy fats are a far better choice over low-fat and fat-free. Try an avocado or a handful of nuts.

Sounds crazy, but sometimes sweet cravings are a sign of dehydration. Drink a glass of water, wait five minutes, and see if you still have the craving. Try adding fresh fruit and/or herbs to give it extra flavor.

6 **Move your Body! —** Movement is another kind of food for your body. It releases stress, it's good for your heart, it makes you feel great and look great. When you don't get enough, the body starts to look for other ways to blow off steam, like bingeing on Snickers bars. When you find yourself doing this, go for a brisk walk, head to the gym, or turn on some music and move yourself. We crave sugar when we are lacking energy. Regular exercise can increase energy levels naturally and distract you from your cravings.

7 **Create new post-meal rituals —** If you're a "dessert after your meal" person, one of the things you might love about that is the ritual of it. What are other possibilities for post-meal rituals? Go for a walk. This gentle activity is a simple way to aid digestion, helps to regulate blood sugar, and will boost metabolism. Perhaps, this would be a great time to journal about your day. Meditate. Enjoy a cup of herbal tea.

The truth is, sugar is everywhere, and it certainly sneaks up on us no matter what. Try following these seven ways to kick sugar, and I promise you'll start to see a difference in how you feel. You'll have more energy and even notice your pants getting loose. And you'll begin to have a lower tolerance for sugar. The sweets you once loved will become too sweet. The natural sweetness such as fruit and nuts will become more enjoyable and satisfying. Dark chocolate will take the place of that Snickers bar. There are so many delicious and healthy options when it comes to replacing those sweet treats. The best part about that is, you can indulge without guilt and not suffer any consequences.

Rachel Lozon is a certified holistic health coach. She is passionate about nutrition and helping people with emotional eating challenges. Her website is www.revitalizebodyandmind.com. She can be contacted at revitalizebodymind@gmail.com or (734) 365-6614.

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An Interview With Get Down Farm's Anita Singh

By Nadia Todoroff

Get Down Farm is a natural, pasture-raised chicken farm that uses all non-GMO local feed and is located in Dexter, Michigan.

Q. Nadia Todoroff: Who are the owners of Get Down Farm?

Anita Singh: I am one of the owners and founders, and my name is Anita Singh. I have a farming partner named Elizabeth "Bee" Ayer.

A. NT: How did you two meet?

AS: We worked together when we both lived in Brooklyn; we worked at an urban farm there. Bee is from Michigan, and we're farming on some of her family's land, on two and a half acres in Dexter. We raised 600 pasture chickens last season in our first year.

NT: How did the two of you get into farming?

AS: Bee is a veggie farmer, and she's been farming since high school, for around 15 years now. I'm an educator, a high school science teacher, and I started getting more interested in working with young people outside which brought me to working on a high school youth farm in New York. I really appreciated the difference that being outdoors could make for young people who especially aren't successful in the classroom. I've always really loved animals, and I've done vegetable farming, which I like, but I don't think that's my true passion. I really enjoy raising animals, and I'm kind of obsessed with chickens – I think they're really fun to raise, and it's something that you can start up fairly easily. It costs a lot to start a farm, from the equipment to the land, but if you are just starting small, raising chickens, you don't need too much capital or infrastructure to get started. So that was the appeal for me.

I've raised my backyard flocks and city flocks of laying hens for about 6 years now, so it's kind of a natural progression to wanting to start something on my own and start my own farm.

NT: Do you just raise and sell chickens on Get Down Farm?

AS: This year we are going to be growing some organically raised local flowers, but right now we just sell [chicken] meat. We raise Red Rangers, which is different from your average meat chicken that you would purchase at the supermarket. The kind you'd purchase at the supermarket are the commercial breed of Cornish Cross, and they're bred to grow as rapidly as possible, going from hatching to slaughter in 6 weeks. Red Rangers take an average of 12 weeks to mature, and they act more like birds, so they're running around on the grass and eating bugs. Your average commercial Cornish Cross is just bred to eat and sit around, and that's pretty much it.

In our day jobs we are involved with growing vegetables; Bee is the farm manager at Growing Hope in Ypsilanti, and I work for Keep Growing Detroit.

NT: What are the benefits of eating the kinds of chicken you raise?

AS: Primarily our chickens are raised on pasture, so that means that they're eating bugs and grass and they're getting those omega 3s. You can even see it in their skin, which is a little bit more yellow, and they have that deeper, richer flavor from their diet. They're also supplemented with a non-GMO feed from our local Dexter Mill, whereas your average and even your organic chicken is raised in a giant warehouse, pretty cooped up in a small cage. Even if it's a free-range that just means that there are thousands of birds in one warehouse fluttering around, so it's not a super healthy environment for a chicken. [Get Down Farm] is kind of bringing it back to originally how we used to raise and consume our meat.

NT: How many chickens do you have on the farm now, how often is turnover, and when do you slaughter them?

AS: We raise them in batches of 100, so every few weeks we're getting a new batch of 100 birds, and then they complete their life cycle in anywhere from 10-12 weeks. I order them from a specialty Freedom Ranger hatchery. These breeds were actually developed by the French Label Rouge program, which is kind of a humane animal welfare program also concerned with taste and flavor, so these chickens are a hybrid and were developed from that.

I'm an educator, a high school science teacher, and I started getting more interested in working with young people outside which brought me to working on a high school youth farm in New York. I really appreciated the difference that being outdoors could make for young people who especially aren't successful in the classroom.

NT: Who does the slaughtering?

AS: We take them to a processor that is USDA certified.

NT: How does it feel raising animals that you know are for slaughter?

AS: I think that people are free to decide if they're going to consume meat or not. I think that if people were actually more connected to the animals and the food that they eat, we'd actually consume less meat. I think if people had more awareness about the effort that it takes and the process that goes into raising an animal and fully taking it to slaughter, it would be less about eating meat almost everyday or for every meal because that really teaches you respect for the process and respect for the animal. In terms of slaughtering them, it is done in a humane way. It's never easy to kill an animal, but I think it can be done with care and respect, and that's something that we practice on our farm.

NT: How can people purchase chicken from Get Down Farm?

AS: We have a C.S.A. that we call "The Chicken Club." Folks can get a chicken either every week or every other week for 10 weeks during the summer. Full shares pick up every week and half shares pick up every other week. We also sell down at the Farmer's Hand and directly to restaurants – we've sold to Spencer and Jolly Pumpkin in the past.

Our C.S.A. sign ups are now open, and our website is getdown.farm. I can be reached at anita@getdown.farm, and one of our C.S.A. drop-off locations is at Ann Arbor co-housing.

Meat Broth or Bone Broth — What's the Difference, Which is Best for You, and Why?

By Jenna Wunder, MPH, RD

My relationship with homemade chicken soup runs deep. Not only has it been my favorite food my entire life, but it is also the first meal I learned to cook for myself. My mom is famous for her chicken soup. I learned from the best. Like many families around the world, we have a traditional chicken soup recipe, passed down through the generations from my grandmother, to my mom, to me, and on it will go. Ours is a Jewish version, with onions, parsnips, carrots, dill, and parsley. Without dill or parsnip — you've messed with the Jewish chicken soup gods. Once I added garlic. My mom was horrified. I had challenged tradition and lost.

As a clinical nutritionist and seasoned cook, I have become a chicken soup expert, teaching my patients every day how to make it the "right" way. The key elements involve what is added to the pot and how long it cooks. Meat broth — whether chicken, beef, lamb, turkey, or something else — is a soup made with raw meat, skin, joints, and bones, and cooked for short periods, anywhere from two to six hours. Bone broth, on the other hand, is made primarily with bones (surprise) and joints but very little meat or skin. Typically bone broth is cooked for much longer periods than meat broth, from 12 to 72 hours.

I'm very specific in how I teach patients to make meat broth. I recommend starting with a whole raw chicken or marrow bones plus meaty beef bones, since we get added benefits from the meat, cartilage, and skin. I recommend using a specific amount of water based on the quantity of meat and bones. The goal is a medicinal broth — a healing nectar.

The benefits of broth are vast. Broth provides valuable minerals in a form your body can easily absorb and use, including calcium, magnesium, phosphorus, silicon, sulfur, chondroitin, glucosamine, and a variety of trace minerals. Broth aids digestion by producing and stimulating digestive enzymes. Broth also fights inflammation and infections. If your broth gels when it cools, you also get benefits to your hair, nails, and skin.

Meat broth is a soup made with raw meat, skin, joints, and bones, and cooked for short periods, anywhere from two to six hours. Bone broth, on the other hand, is made primarily with bones (surprise) and joints but very little meat or skin. Typically bone broth is cooked for much longer periods than meat broth, from 12 to 72 hours.

As a certified GAPS (Gut and Psychology Syndrome) practitioner, I learned directly from Dr. Natasha Campbell McBride that homemade meat broth cooked for short cooking times is THE way to heal and seal any holes in our gut lining. Over time, factors such as prolonged stress, exposure to toxins including pesticides and radiation, poor eating choices, and repeated antibiotic and prescription drug use can cause our intestinal lining to develop leaks that allow undigested food, especially protein molecules, to enter our bloodstream. These foreign compounds wreak havoc on our digestive system, immune system, and brain, causing digestive symptoms, autoimmune symptoms, and/or behavioral symptoms in both children and adults.

Bone broth has the advantage of being higher in mineral content, but true gut healing happens only with meat broth. I always recommend starting with meat broth.

It's essential to the healing quality of the broth that all meat and bones are sourced from the highest quality animals. Beef must be 100 percent grass-fed and finished. Organic beef unfortunately is not suitable because the cows have still been fed corn. Cows cannot digest corn. A corn-fed cow is therefore a sick cow and its fat is inflammatory. Fat from a grass-fed cow, however, is higher in anti-inflammatory fats and is healing to the gut and the brain. Chickens need to be organically fed and, ideally, pastured. Chickens can digest grain, allowing the organic certification to be acceptable, but it's also important that the chicken had access to roam around outside and eat insects and bugs as nature intended for a healthy chicken. Whenever I cook meat and bones from any animal, I always offer a prayer of gratitude to thank them for helping me to nourish my body.

About five years ago, I diagnosed myself with a severe MSG sensitivity. One night while experiencing headache, heart racing, anxiety, and insomnia, I Googled "alternative names for MSG." I knew, for me, that MSG induced migraines so I carefully monitored my diet, but I didn't think I had eaten any MSG that day. I found a page called "Hidden sources of MSG" (www.truthinlabeling.org/hiddensources.html) where I learned that 40 ingredients other than MSG contain the same chemical, processed free glutamic acid, that causes MSG reactions! I spent years learning about these ingredients and eliminating them from my diet. I became passionate about teaching my patients about these hidden ingredients and how to avoid them (please see my previous *Crazy Wisdom Journal* article, archived at www.scribd.com/document/294847342/Jenna-Wunder-Q-A-PDF).

Homemade meat broth cooked for short cooking times is THE way to heal and seal any holes in our gut lining.

One of the many benefits of broth is the amino acid content. Glutamine is a conditionally essential amino acid, meaning our body usually makes it on its own. In a healthy, strong body, glutamine is tightly regulated and helps to maintain brain, immune, and gut function. When your body is weakened and therefore more sensitive, even small amounts of glutamine can cause the body to react adversely, causing MSG-like reactions including, headaches, nausea, anxiety, panic, tics, and even seizures.

It's for this reason that I recommend short cooking times for broth: the amino acid content, including glutamine, triples as the broth cooks longer. When chicken broth is simmered on the stovetop for only two hours, or four hours on high in a slow cooker, the levels of glutamine are kept to a manageable level (beef broth should be simmered for four hours on the stovetop or six in a slow cooker). This way, you still get the added benefits of the fat, the softened cartilage, and the easily absorbable nutrients that are necessary to heal the gut.

Many health care practitioners sing the praises of homemade broth and recommend that their patients buy bones and cook them for 12 to 72 hours — despite the fact that the long cooking time increases the glutamine content of the broth. Although many people can tolerate long-cooked bone broth, individuals with significant leaky gut symptoms (bloating, fluctuations between diarrhea and constipation, gassy, burpy) or behavioral disruptions (mental fog, inability to focus, anxiety, depression,

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The benefits of broth are vast. Broth provides valuable minerals in a form your body can easily absorb and use. Broth aids digestion by producing and stimulating digestive enzymes. Broth also fights inflammation and infections. If your broth gels when it cools, you also get benefits to your hair, nails, and skin.

panic) have an increased tendency to be sensitive to glutamine. Too often, I have seen patients come to me who are making their own bone broth, cooked for long cooking times, and their symptoms have been exacerbated — migraines, dizziness, nausea, stomach upset, anxiety, difficulty sleeping. Once we shorten the cooking time and add meat, skin, and cartilage to their broth, symptoms improve and real healing can begin.

Jenna Wunder is a registered dietitian and Certified GAPS practitioner at Natural Balance Wellness Medical Center in Ann Arbor. To contact her, call (734) 929-2696 or visit the clinic website: www.nbwellness.com.

Gramma Rosie's Famous Chicken Soup

Ingredients:

4+ lbs raw, whole, pastured, organic chicken

4 large carrots (or 6–8 small) peeled, cut in half or thirds

1 large parsnip (or 2 small) peeled, cut in half or thirds

4 stalks celery with leaves, cut in half

1 large onion, quartered

1/2 bunch curly parsley

1/2 bunch dill (not optional)

1 tsp sugar (my mom insists, although I don't add sugar)

1 Tbsp Celtic or Himalayan sea salt

¼ tsp ground pepper*

Noodles or rice, cooked (optional)

Clean chicken and place it in a large stock pot.

1. Add cold water to pot, covering the chicken completely with water. Once the chicken is covered, stop adding water. That's the correct ratio of chicken to water.

2. Bring water and chicken to a boil on high. Once boiling, turn down to a simmer. Soup must be at a low simmer, bubbling but not boiling. Add the remaining ingredients. Cover and let simmer for two hours.

3. You can serve immediately or let cool and strain liquid through a fine mesh sieve to get a clean broth. Separate cooked chicken meat from bones and set aside. Take out carrots and parsnips and set aside with chicken. Do not remove fat — the fat is essential to the healing quality of the broth.

4. Reheat broth. Do not boil. Add portions of chicken, carrots, and parsnips to individual bowls and ladle hot broth on top. If using, add cooked noodles or rice to each bowl. Season with more salt and ground pepper as desired.

*I use about 18 whole peppercorns but Rosie says old ladies use ground pepper, not fancy peppercorns.

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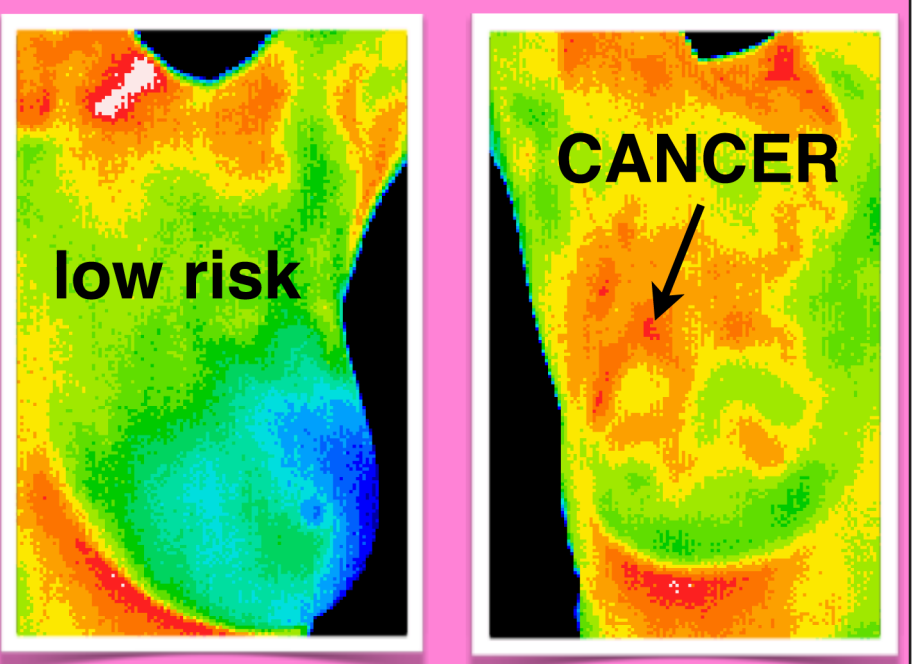

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Great Tastes in LOCAL FOOD

Column by Crysta Coburn • Photography by Rachel Everheart

Vedge Cafe Loaded Kale Salad and house-made Papaya-Ginger Vinaigrette

Vedge Cafe

The Ann Arbor foodscape is constantly changing. Downtown lost a great vegetarian and vegan dining option when Back2Roots Bistro (see article in CWJ issue 62) closed last fall. But overlapping that loss was the opening of the new Vedge Cafe, located just two blocks down, near the corner of Main and Ann streets.

Vedge Cafe offers a wide and delicious array of fresh vegetarian, vegan, and gluten-free soups, salads, and sandwiches prepared from scratch. The flavors are rich and the dishes are colorful.

Vedge Cafe offers a wide and delicious array of fresh vegetarian, vegan, and gluten-free soups, salads, and sandwiches prepared from scratch. The flavors are rich and the dishes are colorful. (I also appreciate the 1990s and early 2000s alternative rock nostalgia soundtrack that plays in the dining room.) You may dine in, carry out, or have your lunch delivered.

Seasonal treat for even more goodness. See in-store display for other sweet and gluten-free items on special.

From their website, Vedge Cafe's mission:

Millions are switching to plant-based diets, fully or partially eliminating animal products from their meals. We are delighted to serve our vegan patrons; however, our real mission is to help those working toward a plant-based diet. As such, you will find some ovo (egg) and lacto (dairy) products on our menu.

And they promise "to serve wholesome, delicious food, while doing [their] best to preserve our most precious asset, earth."

In this pursuit, Vedge Cafe definitely has a few tricks up its sleeves. The taco salad is not only packed with flavor, but over top is sprinkled "shredded Cheez," so this hearty lunch option is not only gluten-free, but vegan. Whoever says a vegan taco salad can't taste good has never been to Vedge Cafe. It tastes awesome! The lentils and black beans both provide protein so this salad is also plenty filling.

For a richer flavor, I suggest the Caramelized Onion and Mushroom Panini. Be sure to grab a fork as this one can also get a little messy! (Deliciously, deliciously messy.) The Southwest Couscous Salad is listed on the sides menu, but it would also make a nice light lunch because of the generous portion size.

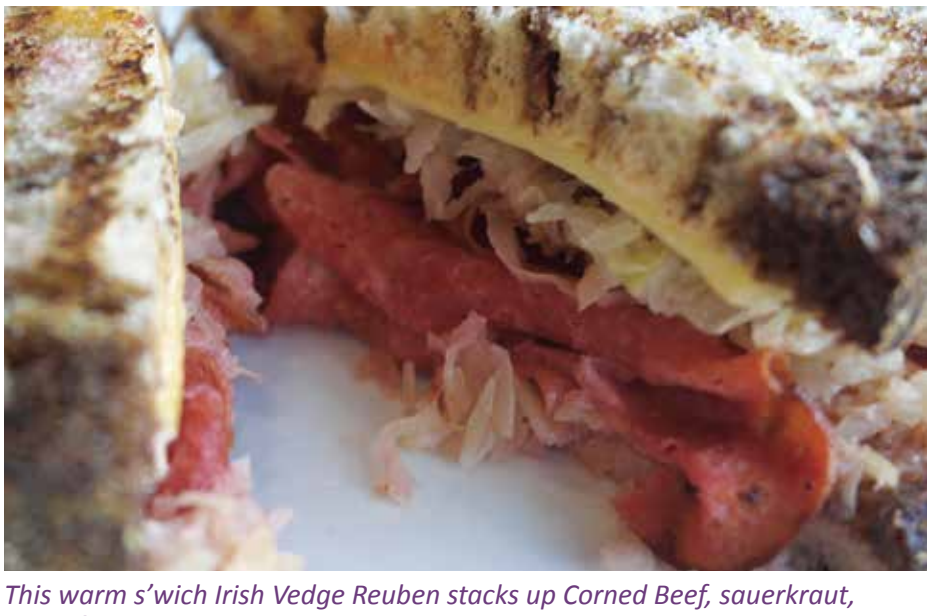
As for beverages, you have your choice of Power Smoothies, coffee (regular and decaf), hot tea, LaCroix (lemon or lime), San Pellegrino (blood orange or lemon), or bottled water. (There is also an ice water dispenser and clean glasses in the dining room if you're not taking your meal to go.)

As you might have guessed, this is one of my new favorite lunch spots downtown.

The staff at Vedge Cafe is friendly and attentive. In four visits, I only once managed to bus my own table, and then only because I narrowly beat the guy to the trash station. (He almost intercepted me; I'm just speedy, I guess. He made a good effort.)

As you might have guessed, this is one of my new favorite lunch spots downtown. When the weather is nice, it makes for a pleasant walk and dining experience, so I return to work satiated in body and spirit. What a service!

Located at 205 N. Main Street in Ann Arbor, Vedge Cafe is open Tuesday through Friday from 11 a.m. to 7 p.m., Saturday 11 a.m. to 6 p.m., and Sunday 11 a.m. to 4 p.m. Order online at vedgecafea2.com or call (734) 929-4485.



This warm s'wich Irish Vedge Reuben stacks up Corned Beef, sauerkraut, swiss-flavored cheez, thousand island on toasted rye.

Bring on the fresh seasonal dinner menu that fits every small, medium, and large appetite!

The Tteokbokki, Spicy Rice Batons is the perfect plate for when your craving something different. Contains pork belly, gochujang and a 6 minute egg.

The Banchan Monster is one refreshing cocktail you'll love. Created with soju, lemon, matcha, black sesame, and egg white.

Flight's Delight serves two but you won't want to share! Created with soju, 5-spice wine, lemon, and honey.

Miss Kim

You've probably heard there's a new Zingerman's venture in Ann Arbor's Kerrytown called Miss Kim, serving up (according to their website) Korean "food and drink rooted in tradition and adapted to where we are now." "[O]ur dishes are made from scratch from local ingredients whenever possible, and we work with local farmers to build a menu that changes seasonally."

This isn't all that makes Miss Kim a unique addition to the Ann Arbor foodscape. Miss Kim is also a tipping free establishment. Gratuity and taxes are included in the prices of the food.

The lunch menu is composed of original Banh Mi Sandwiches, Asian Hot Dogs, Rice and Salad Bowls, Gua Bao Buns, and a small assortment of sides and add-ons. Pair with an iced Vietnamese Coffee (Zingerman's cold brew and house-made milk jam) for an afternoon pick-me-up.

Dinner is a separate experience with a different menu divided into three plate sizes, small, medium, and large, and the dishes are served family style (meaning everyone at the table takes food from communal platters and places it on their own individual plates).

This isn't all that makes Miss Kim a unique addition to the Ann Arbor foodscape. Miss Kim is also a tipping free establishment. Gratuity and taxes are included in the prices of the food.

When I went with my husband, we ordered two small plates, Buddhist Chips (lotus root, sweet potato, and kombu seaweed) and Miso Butter Asparagus, and one large plate of Korean Fried Chicken with sweet soy glaze. The fried chicken is also available in chili glaze and lemon pepper, which I think I need to try next time. The asparagus was *divine,* and I could have eaten two plates all by myself! As for the Buddha Chips, they were made fresh and served warm. The lotus root was chewy while the sweet potato seaweed chips were crisp.

Served alongside dinner was a selection of kimchi, and a bowl of rice. Unlike I've usually had at other Korean restaurants, though, this was not plain white rice, but a much more richly flavored Soy Butter Rice. If you aren't used to buttered rice, this could be an acquired flavor for you. It is a perfect example of how Miss Kim puts its own spin on traditional foods.

For dessert, I couldn't resist the matcha (green tea) gelato. It was served with sliced strawberries, another interesting flavor combination. (The sweet cream gelato was paired with fresh raspberries.)

For dessert, I couldn't resist the matcha (green tea) gelato.

With so many dinner plate combinations, Miss Kim is sure to delight on repeat visits.

Located at 415 North 5th Avenue in Ann Arbor, Miss Kim is open Tuesday through Friday from 11 a.m. to 2:30 p.m. for lunch and 5 p.m. to 10 p.m. for dinner, Saturday from 10 a.m. to 2:30 p.m. for lunch and 5 p.m. to 10 p.m. for dinner, and Sunday from 11 a.m. to 2:30 p.m. for lunch and 5 p.m. to 9 p.m. for dinner. Find them online at misskimannarbor.com.

All Creatures Great & Small

Mindfulness Enhanced by Equine Assisted Therapy

By Kathleen A. Hinderer

Mindfulness helps us focus our awareness and recognize what is going on in the present moment, while non-judgmentally accepting our feelings, thoughts, and sensations. Practicing mindfulness is a way to generate calming energy, reduce stress, and take our mind away from daily challenges. Mindfulness improves our ability to learn and communicate. It also improves our quality of life by bringing joy, peace, understanding, compassion, and physical and emotional well-being. To be effective, it is important to practice mindfulness daily in unison with nature, particularly with animals who eloquently model this mind-body connection. Close, mutually-beneficial relationships with other species promote trust, reduce fear, increase empathy, and foster mindfulness — all elements necessary for effective relationships and our well-being.

Mindfulness is enhanced when combined with equine assisted therapy. Within the animal kingdom, horses are the closest to humans psychologically. This means that horses can connect with us on a very deep emotional level, and they are very intuitive. The relationship between humans and horses is synergistic. Horses are unconditional and non-judgmental. They have a way of breaking down any barriers and defenses people might have, reducing stress and allowing opportunities to temporarily forget about daily challenges and worries. Horses are attuned to their surroundings and do not have the social filters to sift through to make decisions.

Within the animal kingdom, horses are the closest to humans psychologically. This means that horses can connect with us on a very deep emotional level, and they are very intuitive.

Horses are excellent teachers of effective mindfulness strategies. They live entirely in the present because, historically, they have needed to be fully aware of their surroundings for survival. They are also very effective communicators and connect with their herd via breathing and movements in a peaceful and genuine manner. To communicate and interact with a horse effectively, we have to be mindful and develop an awareness that matches theirs. Horses respond in the present moment and accurately reflect back to us — i.e., if we are anxious, they will be anxious as well, whereas if we are calm, we will have a soothing effect on them. So, in order for them to effectively engage with us, we need to be calm, harmonious, and present. Through mindfulness augmented by equine assisted therapy, we have the opportunity to learn and grow.

Horses exemplify equanimity, a state of mental calmness, composure, and evenness of temper. Equanimity is an essential leadership skill in stressful situations for both horses and humans. By interacting with horses we can learn effective herd dynamics by being open, observant, and objective. Horses are consummate teachers of the ability to recognize our emotions and those of others so that we can identify and calm the emotions we are experiencing, rather than being reactive and overwhelmed. The horses provide immediate feedback that require us to stay in the moment and shift our behavior to respond appropriately. They teach us to foster equanimity by centering ourselves first and then communicate with clarity, intention, and compassion so that we are effective in our daily lives.

Augmenting mindfulness with equine assisted therapy allows us to partner with horses and learn from them to be present and aware of our inner world and how it is projected and perceived by our external environment. By becoming in tune with our animal nature and innate drive for survival, we respond with wise choices rather than reacting to situations. We no longer feel pressure from others to do things their way or at the mercy of our old habits. When we achieve self-mastery by learning from horses, we can now better regulate our emotional states, engage with authenticity, communicate effectively, and be empathetic, even during stressful situations. Thus combining mindfulness with equine assisted therapy results in increased awareness and understanding, and thus we can be more effective in our lives and relationships.

Horses exemplify equanimity, a state of mental calmness, composure, and evenness of temper. Equanimity is an essential leadership skill in stressful situations for both horses and humans. By interacting with horses, we can learn effective herd dynamics by being open, observant, and objective.

At the Michigan Abilities Center (MAC), we combine mindfulness with equine assisted therapy using either groundwork, mounted work, or a combination. Sessions are open to those of all ages and abilities, with the age range being 2 to 93 years old. Those with special needs also benefit from mindfulness during their sessions. While groundwork sessions are very effective, augmenting mindfulness sessions with riding heightens the experience due to the unique tri-planar rhythmic motion of the horse in unison with the rider. Equine assisted activities and therapies are often more effective than traditional therapies because the horse's rhythmic movement is very close to human motion. Horses are also very intuitive and bond closely with humans. Best of all, the horses make therapy fun and engaging! It is a very rewarding and empowering experience.

By becoming in tune with our animal nature and innate drive for survival, we respond with wise choices rather than reacting to situations. We no longer feel pressure from others to do things their way or at the mercy of our old habits.

Improvements from equine assisted activities and therapies include: activities of daily living, attention, balance, cognition, coordination, empowerment, endurance, life skills, motor control, posture, respiration, self-esteem, self-regulation, sleep, speech, strength, tone, transitions, trust, and physical and emotional well-being.

The Michigan Abilities Center is located at Heritage Hill Haven, a 60-acre farm environment that provides a natural setting for mindfulness sessions. Being outdoors is known to improve your mood and allows you to be more relaxed and focused. Being at the farm and seeing the horses brings a feeling of peace and is an optimal environment for mindfulness. Discover how combining "horsepower" and farm life with mindfulness, therapy, and learning makes horse sense!

Kathleen A. Hinderer, P.T., M.P.T., M.S., Ph.D., is a physical therapist and Executive Director of the Michigan Abilities Center at Heritage Hill Haven. The types of equine assisted activities and therapies offered at MAC in combination with mindfulness include hippotherapy, equine assisted learning and mental health, therapeutic riding, recreational riding, experiential learning, life skills, and soft skills training. Kathleen can be contacted at MACinfo@michiganabilitiescenter.org or HavenTeam@HeritageHillHaven.org. For more information, visit www.michiganabilitiescenter.org.

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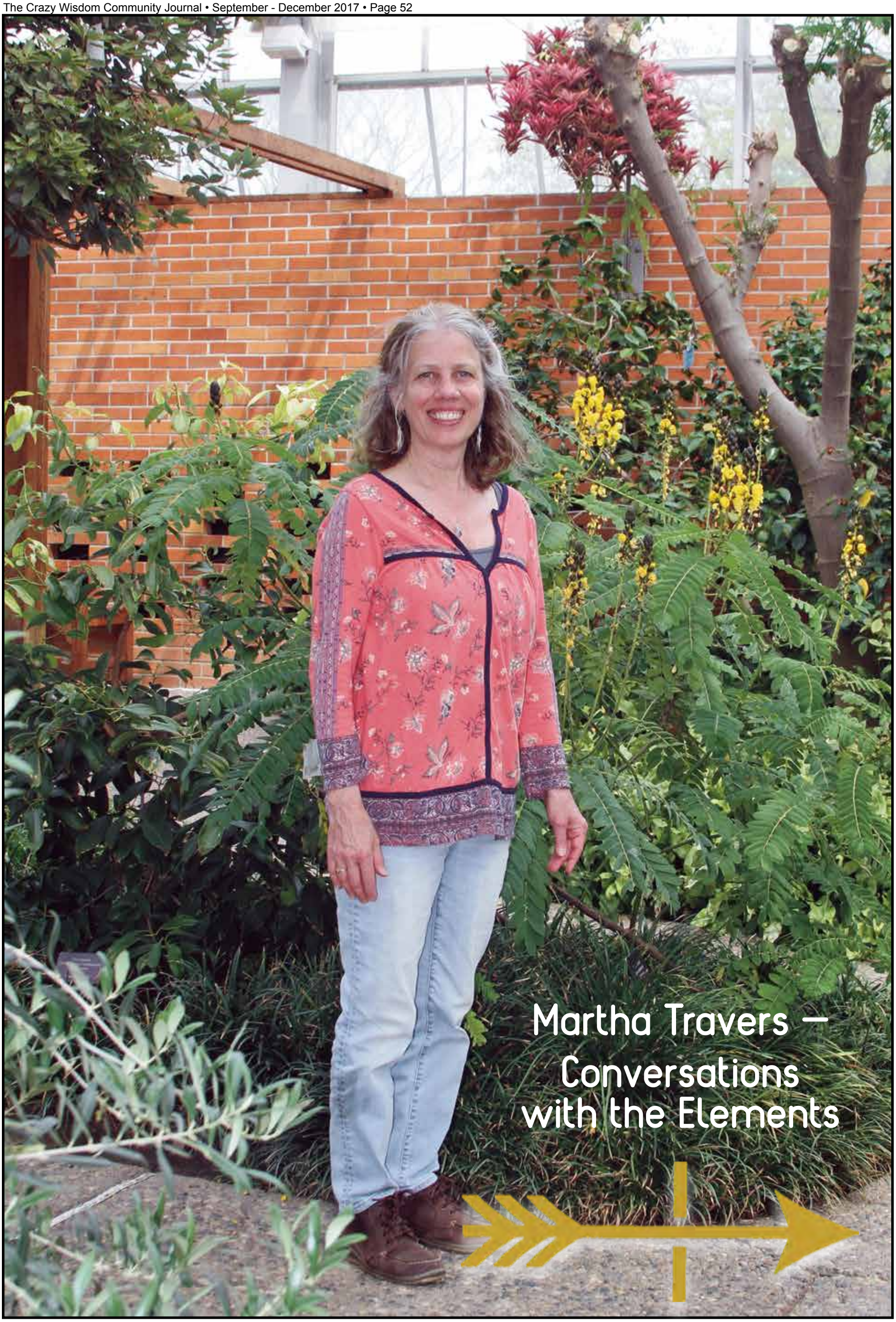

Martha Travers — Conversations with the Elements

Conversations with the Elements ~
An Interview with Martha Travers on Bringing Nature-Based Shamanistic Practices to the U of M

By Nadia Todoroff
Photography by Susan Ayer

Martha Travers is a beloved teacher at the University of Michigan who shares the wisdom of contemplative nature-based practices with her students. Her courses are influenced by her own shamanic practices, and provide a space for students of all walks of life to listen to their inner voices. For me, Martha's classes were a deep breath in the chaos, my fulcrum point, my outlet to investigate what was going on internally, and a place where I could and was encouraged to simply "be." Her new book, The WayCard Oracle: A Guide to the Inner Journey, *is available at Crazy Wisdom Bookstore.*

I sat down with Martha on her patio outside her little house on a hill, overlooking grassy gardens and surrounded by woods in Manchester. Her sweet dog, Violet, accompanied us and ran circles around the yard.

For me, Martha's classes were a deep breath in the chaos, my fulcrum point…

Nadia Todoroff: What do you do around Ann Arbor?

Martha Travers: I do not live in Ann Arbor, but I have been teaching here at the University of Michigan on and off for many years. I did my graduate work at the University of Michigan, a Ph.D. in English Language and Literature, in the late 1970s and taught writing while a graduate student. I taught at Michigan State University for a couple years after graduating in the mid-1980s, but chose to stay home with my children after my second child was born in 1987. I returned to U-M in the early 1990s and again taught writing for a couple years before beginning to homeschool my children around 1994.

Since my own undergraduate days in the mid-1970s, I had been a student of meditation and other forms of contemplative practice, including shamanism. In a very interesting and unexpected way, in 2005, I was invited to return to U-M by Ed Sarath, Founder and, at that time, Chair of the Jazz Department in the School of Music, Theatre, and Dance, to teach a contemplative studies course in his newly-created Program in Creativity and Consciousness Studies. (See our interview with Ed Sarath in Issue 55.) Since that time, I have been teaching as a Lecturer in the Jazz Department's contemplative studies area. I teach various forms of contemplative practice and am especially interested in what I call "nature-based contemplative practice."

I also teach workshops and retreats in various places in Michigan, including most recently at the small farm where I live near Manchester. I call it "Blessed Bee Farm," and I am excited to share it with others as a place for retreat and restoration.

Nadia Todoroff: If you were to give yourself a "title" for what you do, what would that be?

Martha Travers: I usually use the word "guide" when I refer to my retreats or workshops and to my teaching at the University. My role is to act as a guide for people's unfolding, for the unfolding of their inner path.

If I were to name myself, I would call myself a "mystic." That is not because I thought it sounded like something I wanted to do or be; it's because of experiences that I've had during many years of living in the country. In those experiences, I experienced the sense of union with nature — the nature that we are. The really important recognition is that we *are* nature, and so if we allow ourselves to be really quiet and simple in nature we then feel that connection. And to me that is mystical — that sense of oneness with everything.

I teach various forms of contemplative practice and am especially interested in what I call "nature-based contemplative practice."

Nadia Todoroff: Do you have any childhood experiences that introduced you to the nature-based path?

Martha Travers: Not so much as a child. I think that children are already connected, that the experience of the child is an experience of mystical oneness. It's as we grow older and through conventional education that we begin to lose that primary connection that we are born with. But as I became older and experienced more distance and separation from myself, then for me a primary experience was as a mother, giving birth, and also gardening. Those two experiences for me were very profound teachers of my essential oneness.

During the years that I was a mother, I lived in a relatively rural and remote setting compared to living in a city. My second child was born at home in 1987. Through that experience, I began to learn about medicinal plants. Then I began growing medicinal plants. As soon as you start actually growing the plants, then that teaching relationship begins to develop even more than previously. So I would say that giving birth at home, encountering medicinal plants, and growing medicinal plants were initiatory experiences.

Todoroff: What is nature-based practice and why is it important?

Travers: Nature-based practice, the way I guide it, is to help us reconnect with the nature of which we are a part, through opening a conversation between ourselves and the elements. I am speaking of the earth, the water, the fire, and the air. I learned some of these practices from Indigenous Kichwa teachers in the Andes mountains. There I learned very specific ways of renewing our connection with the elements. It's important to emphasize that this connection is already there. It's not like it's something we are creating. But that connection has been impeded for various reasons in individuals. And so the experience of having a conversation with nature, speaking with the water, speaking with the air, speaking with the fire, speaking with the earth, is the center of the nature-based contemplative practice.

This also includes, as we move deeper into working with the elements, very simple practices like lying down on the ground, the whole body on the earth. The encounter with water — meaning the drinking of water, the greeting of the water, the feeling of the passage of the water through the body, and the expression of gratitude to the water — these are also examples of practice. The foods that we eat, the way that we relate to our foods, the way the foods are grown, the way that we prepare the foods, and the way we take in these foods are all part of our relationship with the earth element. And so, this is also part of nature-based contemplative practice — to cultivate an actual communication with the food, an opening of the energy channel between the individual and the food that they're eating. My experience is that nature is a great teacher, and that the more time we spend quietly in nature without an agenda the more connected we feel with our own inner path, and also with the cosmos of which we are a part.

The really important recognition is that we are nature, and so if we allow ourselves to be really quiet and simple in nature we then feel that connection. And to me that is mystical — that sense of oneness with everything.

Todoroff: What are steps we can take in cultivating a relationship with the elements?

Travers: The first part is greeting, saying hello. That act of greeting is an acknowledgement of the presence of an energy. The air, the water, the earth, and the fire are presences that permeate our lives to such a degree that we are less aware of them in a way, because they are so prevalent. So this first step in the practice of saying "hello," of greeting, is an act of recognition. It's a way of saying, "I see you, I honor you, I respect you." And then, after that, we move into the receptive phase — that phase of being still and quiet with the water that we're drinking or with the food that we're eating or with the ground that we are sitting or lying down on. That stage of deep silence and openness is our opportunity to feel what we are receiving from the elements. And then it's very important to express gratitude when we feel complete, when we feel that we're ready to move on. That expression of gratitude is a central part of the practice.

Todoroff: How have these practices shaped your life?

Travers: I hope that I am more able to be in rapport with nature in a way that is doing less harm. And also that I have more ability to listen to my intuition and follow intuitive guidance because of this rapport with nature.

Todoroff: How do you feel intuition and nature are connected?

Travers: So if we go to this basic principle that we *are* nature, part of our way is to instinctively know how to be with nature — to go *with* nature rather than work against nature. But because of years of industrialization and separation from daily encounters with growing our own food, or building a fire to keep ourselves warm,

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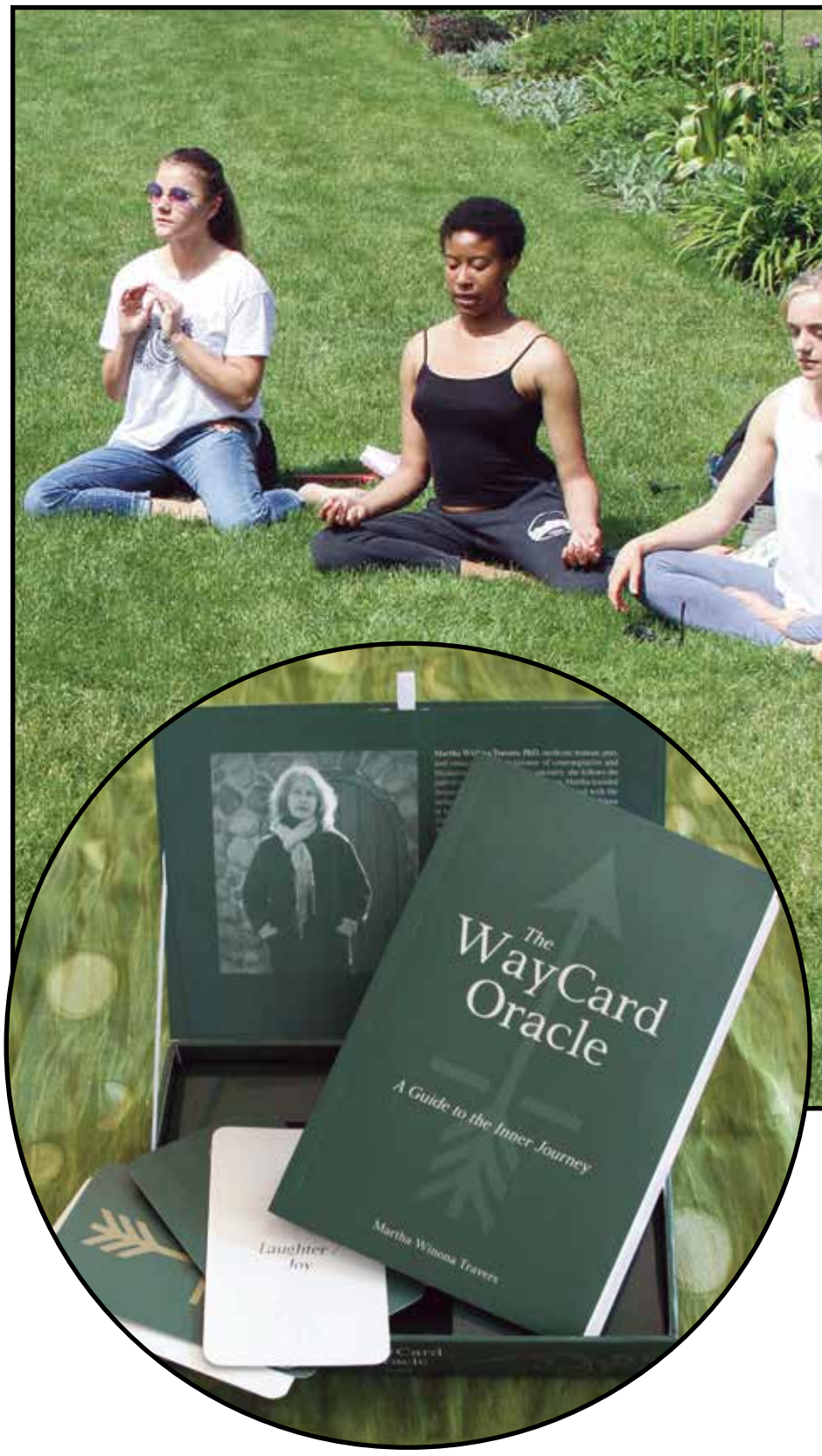
Martha Travers – Conversations with the Elements



Continued from page 53

or finding water — because we've been separated from those daily encounters, we are also separated from that more instinctual side of ourselves that knows how to be in relationship with nature. So that's why it's so important to reconnect, and then that brings up that intuitive knowing that we all have. I'm sure many people have experienced taking an afternoon, going to a park, sitting in the backyard, going for a walk, and in that moment or in that time period receiving intuitive insights about their lives that they would not have received if they had not taken that time to be quiet in nature.

I was invited to go to Ecuador by one of the elders who had come up to the University of Michigan [Alberto Taxo], along with a group of shamanic teachers from the Amazon and the Andes mountains.

Todoroff: Earlier you mentioned learning nature-based practices in the Andes mountains. What brought you there?

Travers: I was invited to go to Ecuador by one of the elders who had come up to the University of Michigan, along with a group of shamanic teachers from the Amazon and the Andes mountains. They were speaking at a conference at the University of Michigan School of Medicine. The conference included a session on alternative philosophies of health and healing. That first event was in the fall of 1999. Then the following spring of 2000, there was a workshop here in this area. One of the teachers from the Andes, Alberto Taxo, guided at that workshop. He invited anyone who felt

…the intuition is the part that has been often, in the dominant culture, ignored or suppressed.

called to come to the Andes to spend some time with his family, to feel the teachings that were coming from the mountains, from the condor, from the wind, from the fire, from the song and from the dance and from the way that the people move there.

On the first trip [to the Andes], I was only there for 10 days, but during that 10 days, I experienced a huge shift in my sense of self… I felt that I had just passed through as much change as would happen in seven, seven-year cycles.

Todoroff: What did you learn there?

Travers: I traveled to the Andes many times between 2000 and 2009. On the first trip, I was only there for 10 days, but during that 10 days, I experienced a huge shift in my sense of self. When I got on the plane to go back to the States after that first trip, this awareness came just as the plane was lifting up for take-off out of Quito. I felt that I had just passed through as much change as would happen in seven, seven-year cycles. It's not easy for me to isolate an individual experience, as much as to say that the experience was one that I felt my physical being cleansed, my emotional being cleansed, and my spiritual self receiving support. That first journey was a very stabilizing experience.

Todoroff: Did that experience influence your practices back in the States?

Travers: I don't think it changed an external practice because I already was, even before I traveled to the Andes, doing these practices in my own way, these practices of communion with nature. It did activate in me a desire to share these teachings beyond my small circle of family. So it's not so much that it changed the way that I practiced, as that it encouraged me, invited me, and motivated me to reach out to offer to share these practices with people who might want to have these experiences.

Todoroff: What led you to teach contemplative studies and nature-based practice at the University of Michigan?

Travers: I actually first met Ed Sarath in Ecuador. He also went on that first trip to learn from the elders in the Andes in the year 2000. It was about five years later that he invited me to return to the University of Michigan to teach contemplative practices in the Program in Creativity and Consciousness Studies. I was not in any

way thinking that I would ever go back to the University, my attention was not in that direction, but it was because he invited me to come that I came back and began teaching again.

The connection between my early years teaching writing at the University and these years teaching contemplative practices is my interest in inner development.

Back when I was teaching writing, I discovered that what students most needed was to access their voice. I realized that in order to write well, students needed to care about what they were writing, and that in order to care about what they were writing, they needed to have it really coming from a deep sense of themselves. So in the experience of working with young people with writing, I discovered that I was most interested in helping people access that deep self.

When I decided to home-school, I left the University. During that time, between 1994 and 2004, I continued to do this work of helping people access their deep self through offering small workshops and retreats. I think of the deep self as our inner voice or inner dream. One of my teachers, Cheryl Stereff, who did a lot of shamanic guiding in Ann Arbor during the 1980s and 90's, referred to this as "the dream of paradise." My work is to help us access this place in ourselves, to help us envision a beautiful, harmonious existence, and to help us discover how we can express our own gift in life.

What are we really trying to give? What are we seeking? Not for ourselves, but to give to others. That's the energy. It's the way the energy moves from us, outward. In order to give it outward, we need first to access it. So my work is to help people access it. And that's what everything I do ultimately is about. It's about accessing that inner dream, and then creating the path, opening the path.

And so the experience of having a conversation with nature, speaking with the water, speaking with the air, speaking with the fire, speaking with the earth, is the center of the nature-based contemplative practice.

Todoroff: What classes do you teach now at the University of Michigan?

Travers: I teach a course called "The Contemplative Practices Seminar," which is an introduction to sitting meditation, walking meditation, contemplative reading, and reflective writing. I also teach a course that is thematically based. The theme differs in different terms. Currently, the theme is "Finding Your Way," and we are using my new book in that class. The book is called *The WayCard Oracle: A Guide to the Inner Journey* (Schiffer Books, 2016; available at Crazy Wisdom Bookstore). The book includes a deck of oracle cards and a guide book. In the class, the students are using the WayCards to help them recognize the, shall we say, inner archetypal energies that are propelling their lives. In addition to using the WayCards, students learn sitting meditation and nature-based contemplation in this class.

In the winter semester I teach a course that is about the nature of consciousness, and because it's such a big field, I narrow it to how we experience consciousness coming to us from nature. In order to do that we explore shamanism and Indigenous perspectives on the nature of consciousness. So those are the three courses. I'm not the only person who teaches courses like this. Professor Ed Sarath teaches different courses in the contemplative field. He is a leading scholar in the field of consciousness studies, and so he is a really important resource for students who want to learn more about the academic, scholarly field of consciousness studies. The program that Ed designed, the Program in Creativity and Consciousness Studies, is groundbreaking.

So in the experience of working with young people with writing, I discovered that I was most interested in helping people access that deep self.

Todoroff: What do you hope your students will gain from taking your classes?

Travers: I hope my students will be able to access their intuitive side, and will recognize that the intellect and reasoning are essential aspects of the human being, and that with those essential aspects of the intellect and reason, the intuition is the part that has been often, in the dominant culture, ignored or suppressed. This side of ourselves is often also described as "the feminine," not meaning gender specifically, meaning an energy we all have no matter which gender we identify with, and that intuitive, receptive — sometimes called "yin" — side of ourselves needs to be given space. So I hope that my students will be in balance more when they leave my classes, that they will be using their capacity to reason and their intellect *and* that they will also be able to access and trust their intuition.

Todoroff: Who have been your greatest teachers on your path?

Travers: When I began to experience the shamanic side of my life, Crow was a very important energy. And the woods that I lived in, which I heard receive a name, "Duirhaven." "Duir" is the Celtic word for "oak," so it means "Haven of the Oaks." And then prior to that — and really most importantly — my children. Giving birth and being close to the spiritual cleanliness and openness of an infant was a great, great teacher to me.

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Martha Travers — Conversations with the Elements

Continued from page 55

The way it happened with Crow is that I would have visitations when I was in my yard. Maybe I was gardening or lying down in the tall, wild grasses. And you know how crows are — they are a very communicative bird. There would be these patterns. They would show up, calling and swirling into the yard, and there would always be three of them. The first time I really noticed this crow pattern actually was not in my yard. It was when I was teaching, and I was on my way to work in the early morning. Three crows were sitting on what appeared to be an extremely light blade of grass that could not have possibly supported those three crows up above the ground like that. It was a windy day and the trees and things around them were moving, but there was no movement. The crows and what they were sitting on, a weed perhaps, were perfectly still. So moments like that call one's attention. That would be what we may call an annunciation — a moment when nature says, "Ah, pause, see. There's more here than might first appear."

I'm not too into interpreting. My path is not so much to say, "Oh those crows were telling me to do thus and so." My feeling is that moments like that are nature's way of saying "pause, open, listen." It's not about grabbing for information or an interpretation. It's just about pausing and opening and listening. And so then what happens, gradually over time, there's an energetic change. My personal experience of it would be to say that this change is physical. It is happening at a cellular level. So the body begins to wake up to its nature, and that means that this instinctual and intuitive aspect of ourselves also starts to wake up as the body is waking up. So it's not so much that these teachers are coming with specific information for me. That's not been my experience. My experience is that they encourage me to connect. And that with that feeling of connection gradually over time I receive, through my own energy field, insights and awarenesses that guide me on my path.

[On Crow:] My experience is that they encourage me to connect. And that with that feeling of connection gradually over time I receive, through my own energy field, insights and awarenesses that guide me on my path.

Todoroff: What are you continuously learning through your practices?

Travers: Well, I hope I'm learning humility. I hope that I'm learning to let go of needing to be in a certain place, in a certain way, at a certain time. I hope that I'm learning to take care of the life support systems on the planet in a more conscious way than maybe I had been doing previously.

Todoroff: Do you have any advice for people starting on the nature-based path?

Travers: First of all I would say trust yourself. Don't give your power away to teachers or to externals. And know that everything you need is already with you. This is one of the most important teachings of contemplative practice. That we are already there. Our practice is helping us remove the veils that separate us from our true nature. So there can be a great ease in practice. It does not have to be this intense strain, this striving, this effort to arrive. It's important to realize that this is our nature. It's already how we are, it's already who we are. And so our practices are helping us uncover this self that already is present.

So for someone beginning it's easy to be caught up in ego and in wanting and in trying to produce results. So the most important thing is to remember that all we have to do is lie down on the ground. All we have to do is sit quietly in meditation. All we have to do is express gratitude to the water when we drink it. Express gratitude to the food when we eat it. Express gratitude to the sunlight and to the rain. Express gratitude to our family. To the animals who inhabit the world with us. Be careful to not do harm. One other thing. I think one of the most important characteristics for this path is sincerity. If a person is sincere in their desire to learn, everything will come in its own way and its own time.

Martha Travers Book Suggestions

—Robin Wall Kimmerer, *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants* (Milkweed Editions, 2015) An expert distillation of Indigenous wisdom (she is Potawatomi) and the scientific understandings of a biologist. Kimmerer tells beautiful stories that give the reader the experience of communion. She helps the reader experience that communication, that way of conversing with the earth, the water, the fire, and the air.

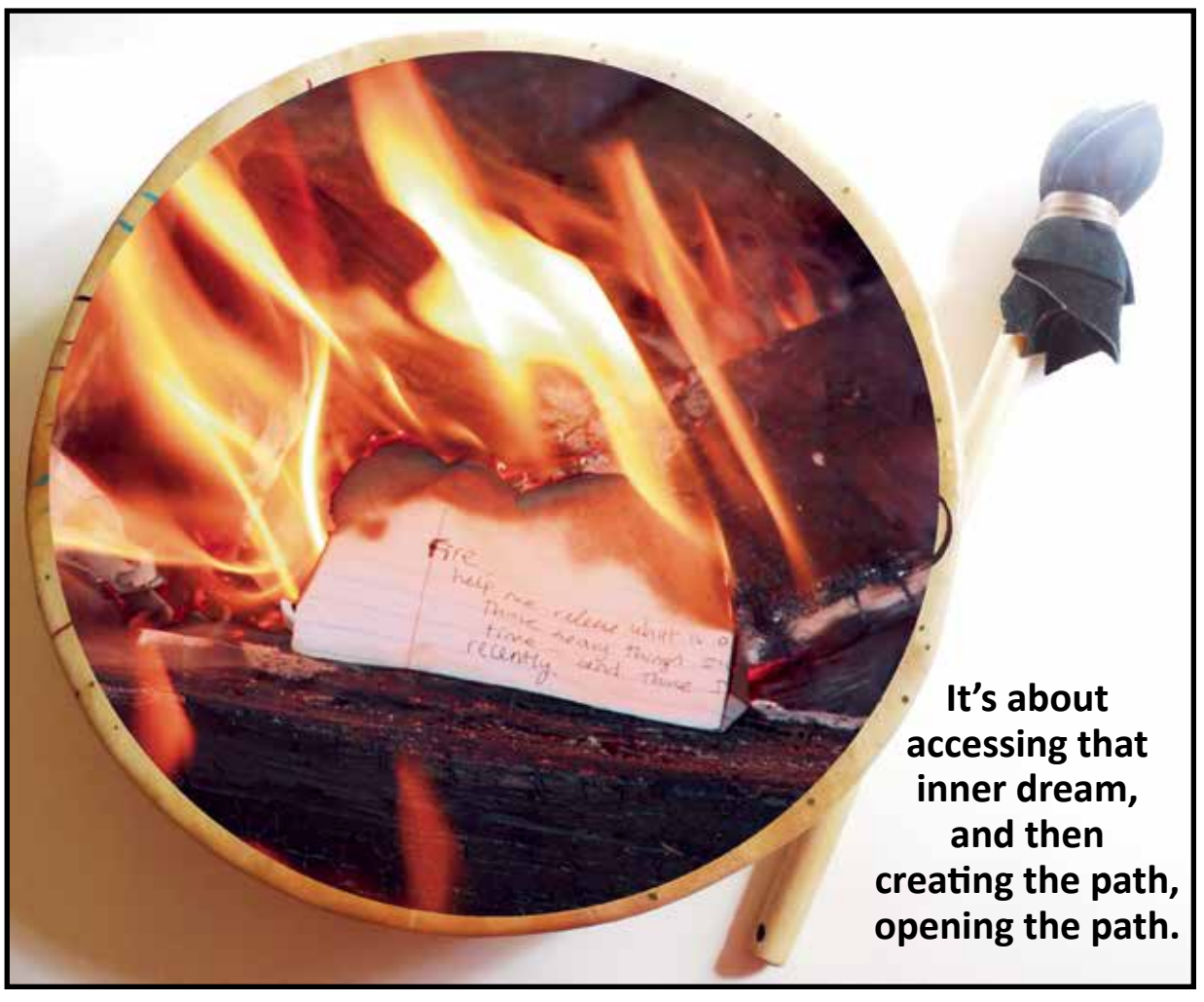
—Joan Halifax, *The Fruitful Darkness: A Journey through Buddhist Practice and Tribal Wisdom* (Grove Press, 2004) An absolutely brilliant and compelling book — a beautiful description of her path and the union in her path of Buddhism and shamanism."

These books are available at Crazy Wisdom

If a person is sincere in their desire to learn, everything will come in its own way and its own time.

Todoroff: Are there any books you'd like to recommend for those wishing to pursue nature-based practices?

Travers: There's a wonderful, recent book by Robin Wall Kimmerer called *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants* (Milkweed Editions, 2015) that is an expert distillation of Indigenous wisdom (she is Potawatomi) and the scientific understandings of a biologist. Kimmerer tells beautiful stories that give the reader the experience of communion — this very conversation with nature that I was speaking about. She helps the reader experience that communication, that way of conversing with the earth, the water, the fire, and the air. I would also suggest an older book written by Doug Boyd. The title is *Rolling Thunder* (Delta, 1976). This is a description of Boyd's encounter with a Cherokee/Shoshone medicine man in the United States in the early 1970s. The other book that I would recommend is Joan Halifax, *The Fruitful Darkness: A Journey Through Buddhist Practice and Tribal Wisdom* (Grove Press, 2004), an absolutely brilliant and compelling book — a beautiful description of her path and the union in her path of Buddhism and shamanism.



It's about accessing that inner dream, and then creating the path, opening the path.

Todoroff: Will you be teaching any workshops around the area for those not able to take your classes at U-M?

Travers: Yes, and anyone who would like to know about my retreats can go to my website, which is natureandhealing.org. The website describes the retreats. I offer some in Southeast Michigan, and I also teach in Northwest Michigan at Sleeping Bear Dunes National Park, and at the Fetzer Institute's GilChrist Retreat Center in Southwest Michigan. I also do phone consultations, readings of the WayCards, or guidance on the nature-based path. Last year I began an apprenticeship program for people who want to study with me over a longer period of time. This is something a person can do at a distance. They do not need to live in Michigan to apprentice to me.

For more info contact Martha at mwtravers@natureandhealing.org, or visit her website natureandhealing.org.

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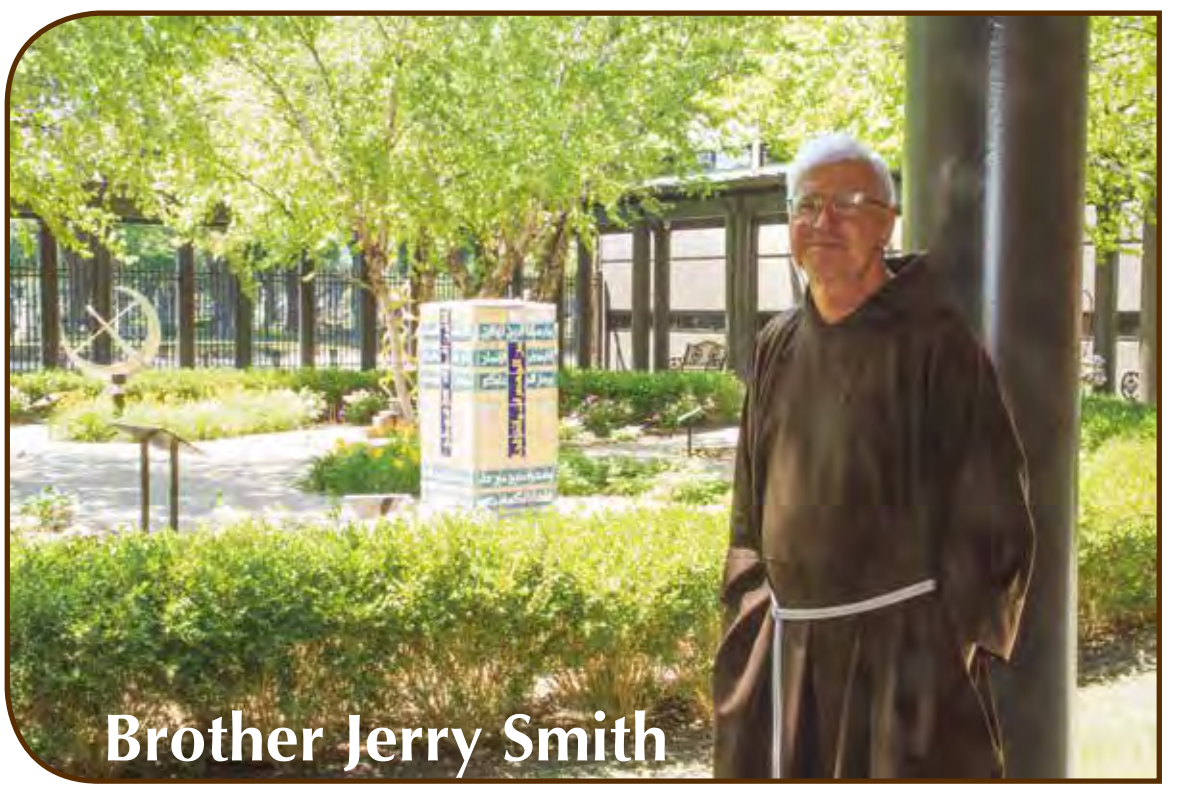
Applications accepted by email only

Transformation Is Here ~ Capuchin Ministries of Detroit

By Maureen McMahon
Photography by Joni Strickfaden


Brother Jerry Smith

I met with Brother Jerry Smith as Michigan was waking up to spring. On this beautiful morning, with the grasses just coming through the dark soil and the buds forming on the trees, Detroit and its wide blue sky surprised me with how welcoming it felt.

Driving on Gratiot headed toward Mt. Elliott Street, I was in the heart of downtown Detroit, just a mile or so away from Ford Field. It seems only small businesses are here, a Mr. Fish and a crowded shop selling second hand furniture, likely for a charity. In this place on this map, blocks of the grid are disappearing. Fallow fields sit waiting in their place.

I pulled up to a bright brick church anchored strong amidst open green plots and dilapidated, boarded-up structures. There is a man sitting on a milkcrate. He is sentinel of this corner.

A security guard standing on the grass looks me over, then softens. School children are lining up on the grass about to be escorted on a tour. I see a gardener planting bright pink annuals around the church's signage.

I am here to learn more about how one charitable organization is lifting up Detroit.

This is a beautiful place, part of a bigger compound that houses Brother Jerry Smith and the Capuchin Soup Kitchen. I am here to learn more about how one charitable organization is lifting up Detroit. This Meldrum location, where breakfast, lunch, and dinner are served Monday through Friday, and people can get a hot shower and a change of clothes, is part of a much larger Capuchin charitable organization and effort throughout Detroit. For over 125 years, the Capuchin friars, staff, and volunteers have been placing their faith in action here. For children, people who are hungry, who are housing insecure, and those who need re-entry support, recovery services, and job training, this is a place of refuge, making the Capuchin Ministries of Detroit one of the city's most respected charities.

As I turn the corner to get to the soup kitchen, I am struck by a giant modern hoop house. It has an "Earthworks Urban Farm" sign on the fence. Standing in the sunlight across from this structure were people milling about looking like they were expected somewhere — guests of the Capuchins.

In the parking lot, I pulled into a spot next to a farm stand that says "produce processing." Behind it is another giant hoop house with plants growing on the periphery. There is a shed behind the farm stand with a cardboard sign announcing "Bike repair Wednesdays, noon to 3" and another announcing "in case of snow, rain, or heavy hail, bike repairs will be in the hoop house."

For over 125 years, the Capuchin friars, staff, and volunteers have been placing their faith in action here. For children, people who are hungry, who are housing insecure, and those who need re-entry support, recovery services, and job training, this is a place of refuge, making the Capuchin Ministries of Detroit one of the city's most respected charities.

The front of the soup kitchen is an unassuming grey door. There is a man happily working at sweeping the parking lot. He is quietly greeting people arriving for the 11 a.m. start to lunch service. He is wearing a black t-shirt and a white apron. He sweeps into a small handheld dustpan, bent down against a backdrop of large metal structures framing squares of sky, stacked like interlocking cubes two stories high. I make a mental note to ask Brother Jerry about this industrial sculpture that hovers above the parking lot.

As I enter the dining room, there is great anticipation in the air as people greet each other and take a seat at the tables, catching up until the lunch line will be formed. A lively woman at a small round table is registering voters. People are smiling at each other, greeting one another, and tipping a nod to me in welcome. I am waiting for Brother Jerry, not sure if I need to be where I am. I smile as I realize the Capuchin friars here wear brown robes. Later, in the office halls, I will see a sign on someone's door with the image of a friar with his arms spread out: Keep calm and wear brown.

The mission of the Capuchin Soup Kitchen is displayed on the wall. It is very uplifting and gives me a sense of calm.

Standing there waiting for Brother Jerry Smith, I begin to get a feel for this place. It is deeply urban, yet the presence of the Capuchin mission — humble, welcoming, warm — is higher than this. The people here are Detroiters, and while they come from every walk of life, many are middle aged and elderly people of color, and there are perhaps more men in the room than women. I notice a few younger people, and though I know they serve many families, it is a school day and children are not present. As people chat, I can feel mutual respect in their exchanges, and that being here is very important to the movements of their day. People are looking each other in the eyes and speaking with open faces. Mostly laughter rises above the conversation. Lunch is almost ready.

The mission of the Capuchin Soup Kitchen is displayed on the wall. It is very uplifting and gives me a sense of calm.
Inspired by the life and spirit of St. Francis of Assisi, we:
- *tend to people's basic needs, especially the need for food,*
- *strive to stimulate minds and nourish spirits, and*
- *work to understand and address root causes of social injustice in our community.*

In all we do, we seek to build alliances with others who share a commitment to this vision.

The kitchen first opened in 1929, in response to the Great Depression when people would knock on the monastery door asking for food. Over time, as the line grew to 2,000 people waiting for their single meal of the day, the friars knew they needed to do more. They worked with community members to collect food from farms, make soup, bake bread, and serve meals in the hall next to the monastery. Today the operation has matured into a stalwart fixture in the community it serves.

A friar in a brown robe helps me find Brother Jerry. Brother Jerry had been away coordinating with the head of the soup kitchen staff. He brings me to them. With a white chef's coat on, the woman running the kitchen is very full of purpose and happy. I quickly shake her hand and she beams. Brother Jerry also greets me with a big smile. He is, in a word, jolly.

Brother Jerry, by the way, is not to be confused with Capuchin Soup Kitchen's new director as of spring 2017, Brother Jerry Johnson, who took over when Smith was

asked to serve at another Capuchin site. He starts our tour. We meet a volunteer who is distributing shower kits, towels, and fresh clothes for guests who have signed up for a hot shower. These facilities are just off the dining room, with two showers providing an average of 25 hot showers a day. Brother Jerry mentions they are about to upgrade the steam vents to commercial grade, giving me a small insight into the level of facilities management that they work in every day — meeting basic needs at high volume. There is a simple and effective system for people to select a freshly washed outfit after their shower. They are encouraged to leave their old clothes so that they can be washed and recycled into this system of donations. I smile to think of how this is grace, how it feels like starting a new day.

There is a much bigger clothing distribution operation at another Capuchin Ministries site. They distribute 1,500 articles of clothing and 11 appliances or pieces of furniture each weekday.

Standing there waiting for Brother Jerry Smith, I begin to get a feel for this place. It is deeply urban, yet the presence of the Capuchin mission — humble, welcoming, warm — is higher than this.

Brother Jerry toured me around the administrative offices, pointing out that two weeks ago they gathered everything into one room to lay fresh carpet. This building is not old and there are clearly continual upgrades refining it. It feels very intentional.

Continued on page 61

Drop-in Secular Mindfulness Meditation Sessions

Free - Appropriate for New and Experienced Meditators
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Format: 20-Min Guided Meditation, Short Q/A;
2nd 20-Min Meditation (Guided Or Silent)

Ann Arbor Open Meditation
Thursdays, 7:30-8:30 pm, Lotus Center, 2711 Carpenter Rd.
Website with schedule: aaopenmeditation.com; also on FB.
Contact: Libby Robinson, libbyrobinson7@gmail.com

Saline Open Meditation
Tuesdays, 11 am – 12 pm, Center for Education and Innovation (former St. Joe's building), 400 W. Russell St.
Contact: Paulette Grotrian, mindfulnesswithpaulette@gmail.com

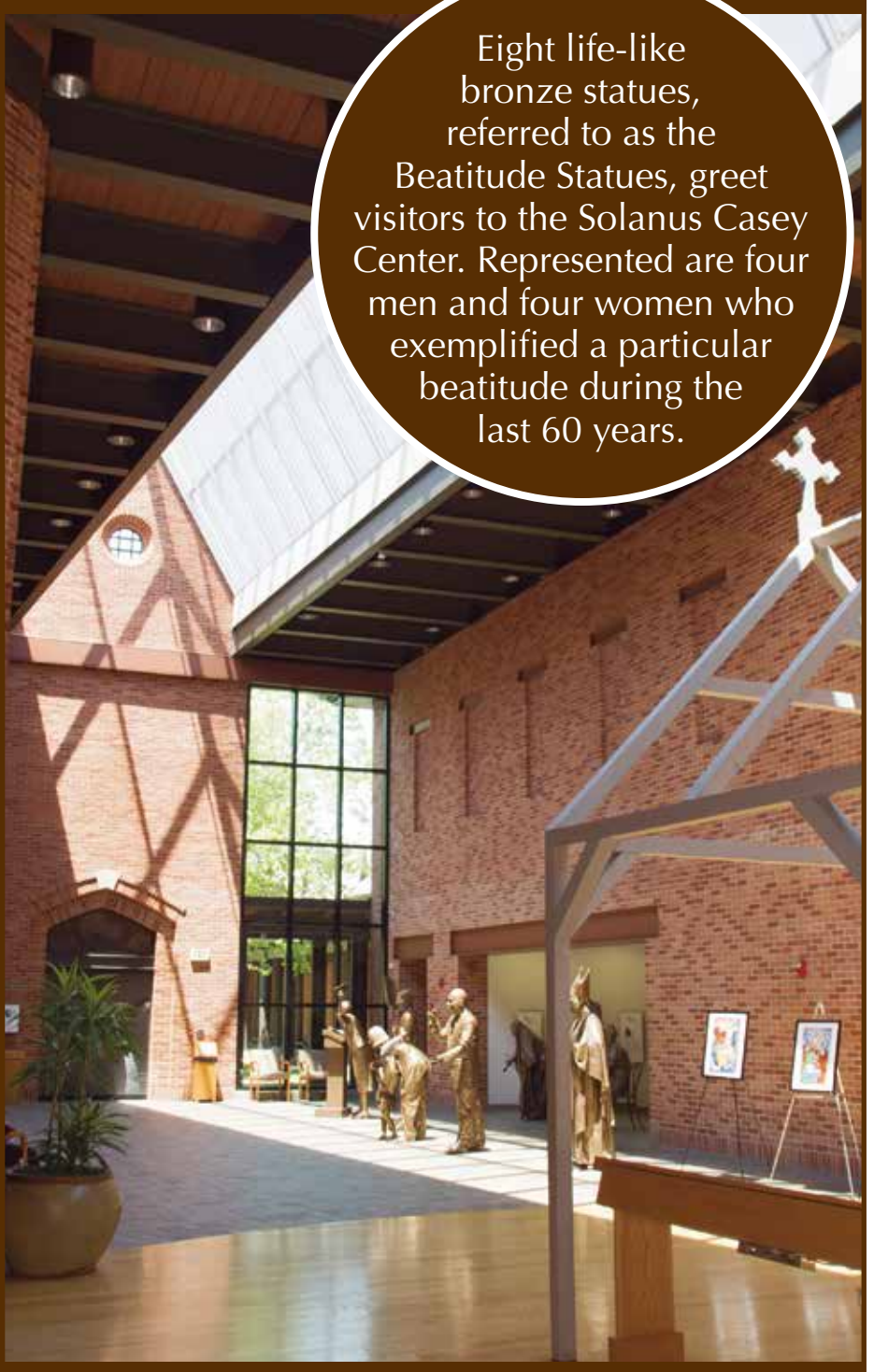
Ypsilanti Open Meditation
Fridays, 11 am – 12 pm, Downtown Ypsilanti Public Library, 229 W. Michigan Ave.
Contact: Joya D'Cruz, dcruzjoya@gmail.com

Capuchin Soup Kitchen

The kitchen first opened in 1929, in response to the Great Depression when people would knock on the monastery door asking for food. Over time, as the line grew to 2,000 people waiting for their single meal of the day, the friars knew they needed to do more.

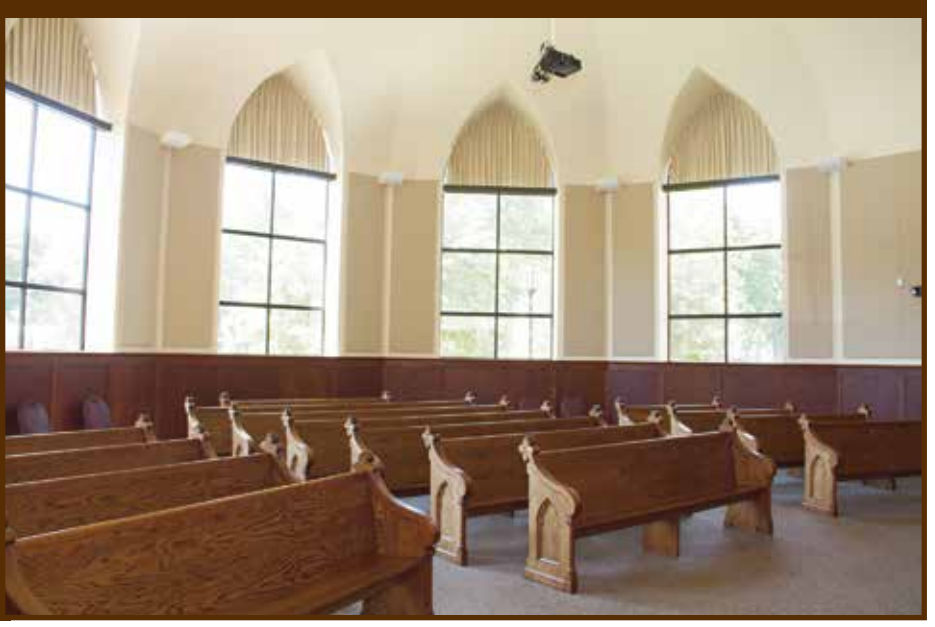
Brother Jerry Smith with a portrait of Father Solanus Casey, Order of Friars Minor Capuchin

Eight life-like bronze statues, referred to as the Beatitude Statues, greet visitors to the Solanus Casey Center. Represented are four men and four women who exemplified a particular beatitude during the last 60 years.



Founded in 1883, St. Bonaventure Monastery is the residence of many of the Detroit Capuchin friars and it was listed on the National Register of Historic Places in 1982. Its presence is an anchor for the neighborhood of lower Eastside of Detroit. Its lit steeple provides a pathway to those seeking peace in the adjacent Monastery Chapel and Solanus Casey Center.

In what will be a very big day for Detroit, the beatification Mass making Father Solanus Casey a Catholic saint will be said on November 18 at Ford Field, which can accommodate as many as 60,000. Venerable Casey will be the second American-born male to be beatified.



Capuchin Ministries of Detroit

Continued from page 59

I meet an administrator who explains she is in charge of arranging HR services, including pension and healthcare, for 80 employees. There are three volunteer coordinators who lead their hundreds of volunteers. Many of the guests also volunteer, giving back by wiping down tables, serving on the food line, putting shower kits together, or helping to keep the parking lot tidy. I ask Brother Jerry if there are a lot of friars. He said there are three, as well as a priest and a Dominican nun. The rest are lay. I think of how this is a much bigger operation than I was aware of. That this is about meeting needs at the point of asking for them.

Later, at home, I read Brother Joe's words in their *Breaking Bread* newsletter summing up his experience of his Jefferson House work. He named it "hopelessness transformed."

He shows me the office door of Brother Joe, a friar who is a leader in their work with substance abuse support and counseling. This includes Jefferson House, an extended residential treatment program for substance abuse recovery, housing men for nine months. He explained his job includes running four support groups a week and doing ministry to those in need of these services. The meetings held in the dining room at Meldrum in the evenings are full, with people sharing their love with each other and sharing their stories. Standing there in the hallway, Brother Jerry holds his heart and bows, saying "it is deep and profound." I can feel his pride in this work, and more so, his pride in the people who join him to do it.

Deep and profound are words he will use two or three more times in our morning together. When he described how their services "really run the gamut" of what people who show up need, he added, "It's holistic." A legal services clinic, a dental office for their guests, appointments for medical services, job placement, and job training. As I think of the expansiveness of their services, I am inspired by how wide the reach.

There is a much bigger clothing distribution operation at another Capuchin Ministries site. They distribute 1,500 articles of clothing and 11 appliances or pieces of furniture each weekday.

Later, at home, I read Brother Joe's words in their *Breaking Bread* newsletter summing up his experience of his Jefferson House work. He named it "hopelessness transformed." He recently handed his leadership over to Amy Kinner, and in his goodbye note described his witness to that process as his greatest satisfaction. He recalled a man who was deeply addicted to heroin and was often in and out of the hospital. That man is now sober, married with a child, and running a small business. "He is a stunning example of the triumph of the human spirit, of the power of recovery, of life over death."

Beyond counseling and support groups, Brother Jerry mentions On The Rise, their re-entry job training and housing program for those who have recently been in prison or completed substance abuse treatment. At On the Rise Bakery Café, located at 8900 Gratiot, so far over 70 men have apprenticed with other bakers, transforming themselves into bakers of breads, pastries, and pies — and eventually mentors prepared to help the next baker coming into the program. They learn customer service in the deli and sell at local churches. They interact with customers who come into their storefront to buy baked goods or have lunch, and also with the Capuchin volunteers. One baker spoke in *Breaking Bread* of what re-entry can do, explaining that the volunteers set an example: "When we are in our addictive state, we get out of touch with society. The volunteers give us context."

"Brother Jerry encouraged me to read about their Rosa Parks Art Studio & Children's Library, a site 2.5 miles east where the Capuchins focus on connecting with children to strengthen community. Their mission includes exploring with children alternatives to violence. Gathered in a lending library of over 5,000 books, 6 to 15 year-olds and adult volunteers connect through tutoring and art therapy sessions. Kids can relax and have fun doing seasonal activities like Christmas cookie baking and decorating Easter eggs. Teen boys' and girls' groups and a junior counselor program focus on developing youth leadership. They run a summer peace camp with art, drama, music, dance, peacemaking classes, and field trips. Other summer priorities include a leadership camp, an academic camp, and a garden program that meets four times a week throughout what they call 'the Peace Garden season.'"

Brother Jerry is eager to take me to see the Earthworks Urban Farm sites, the two green hoop houses outside… Growing in neat rows are organic leafy greens, producing 12 months a year. The Ford Motor Company donated this structure and much of the soup kitchen's bounty comes from here.

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Continued on page 63

21 City Lots: Get Involved

Interested in checking out the Earthworks Urban Farm? Visitors are welcome to explore Earthworks' approximately seven gardens spread out over 21 city lots spread within a two-block radius of the Capuchin Soup Kitchen. Produce from the farm feeds guests of the Soup Kitchen and anyone shopping Meldrum Fresh Market, with all proceeds going to support Earthworks.

EARTHWORKS URBAN FARM
The Capuchin Soup Kitchen

Self-guided Tours
Show up at the 1264 Meldrum site for a self-guided tour, Monday-Saturday, 9:30 a.m. to 4:00 p.m. Explore the gardens, greenhouses, and hoop houses.

Meldrum Fresh Market
On Thursdays, you can buy Earthworks certified organic produce and products at the Meldrum Fresh Market, including honey and jam, from 11:00 a.m.-2:00 p.m. May through November. Produce offerings may include: potatoes, snap peas, cabbage, kale, cherry tomatoes, garlic, beets, rainbow chard, collards, cucumbers, tomatoes, zucchinis, squash, and scallions.

Green Thumb?
Join the Earthworks' volunteer effort solo or with a group (groups should call ahead). All ages are welcome, so bring the kids for a learning experience on summer break. Volunteering happens throughout the summer mornings, 9 a.m. to noon, (Tuesday-Saturday) at the Meldrum site. Come dressed ready to get your hands dirty and help with:

- mixing soil/making soil blocks or germination trays
- flipping compost
- planting/seeding or thinning out seedlings
- pricking out seedling/transplants
- harvesting/processing produce
- cultivating/weeding beds
- bee frame construction
- jam making
- general cleanup and other tasks generally related to gardening or farming

Volunteers are encouraged to enjoy lunch at the Soup Kitchen at noon.

When you go to Earthworks, keep in mind that there is always a need for gloves, harvest knives, scissors, pruners, and 26" and 27" bike inner tubes for their community bike shop. Show up with some supplies, leave with amazing fresh, organic produce!

Great Home Chef?
Host a local dinner with friends, family, and foods from local farmers. Shop and consider having the dinner be a fundraiser to support Earthworks.

Three Questions for Patrick Crouch, Earthworks Farm Manager

What's the happiest thing about working at Earthworks for you, Patrick?
I get to spend my days working with plants and soils and meeting people from all sorts of walks of life without ever having to leave the garden.

What feels like the common purpose shared by the volunteers at Earthworks?
I don't think there is a common purpose. People come to be at Earthworks for all kinds of reasons: a desire to give back to the community; developing their gardening skills; meeting new people; feeling a sense of community; obtaining locally grown organic vegetables.

How do you feel Earthworks is uplifting Detroit?
I'm not a fan of this question — as it assumes Detroit being at a detriment and that it is in need of lifting. It fails to consider the systemic issues that have caused Detroit's disinvestment. However, I'll do my best to answer the question. I think that Earthworks is one of many projects in Detroit that has been inspired by the ideas of Grace and Jimmy Boggs, to think of what community members can do to transform not just their surroundings but themselves as well. Earthworks serves as a community space where we can grow our relationship with the Earth, each other, and ourselves.

Capuchin Ministries of Detroit

Continued from page 61

Back at the soup kitchen, throughout our visit, guests greet Brother Jerry as a friend, as their uncle, as someone they are eager to joke with. They all want to talk about how far back they go with him. One man said, "I'm fifteen years an employee, but we go back longer than that — if you know what I mean." He and Brother Jerry laugh. This is Brother Jerry's family.

Brother Jerry is eager to take me to see the Earthworks Urban Farm sites, the two green hoop houses outside. We exit into the parking lot, again in the shadow of that huge metal structure. I asked, I*s this a burnt out building? An intentional structure? An afterthought? A leftover pile from scrappers?* He explained it is not the Capuchins' but a neighbor's who has stored frames for hanging car parts as a car is stripped. This neighbor has stacked them into an odd sculpture for storage. "We're kind of used to it."

In steep contrast to this, we enter the warm energy of the hoop houses at the other ends of this parking lot. We stoop under the plastic of one and into its steamy air, thick with the aroma of fertile soil and green growth. Growing in neat rows are organic leafy greens, producing 12 months a year. The Ford Motor Company donated this structure and much of the soup kitchen's bounty comes from here. Brother Jerry shows me three impressive cisterns that collect rainwater to water the plants. He tells me the water and heating system is very sophisticated and solar powered. They won an Erb grant to pay for it.

The light is bright in here on a cool spring day. There are strings hanging in rows where soon tomato plants will climb. Brother Jerry smiled, making a circle with his hand to describe the tomatoes that will peek out from beautiful green vines rising high to the roof of the hoop house later in the summer. As we crouched under and over suspended twine and hoses, he shared with me that physical movements can be challenging because his foot is affected by MS. He made it seem very matter-of-fact, happy to maneuver around the farm with me, and gave me a larger sense of appreciation for what his work has been.

In the other hoop house an impressive plant starter operation is underway. Earthworks interns have a soil composite recipe up on a white board that they follow as they scoop, consolidate, and plant. Many of the interns were once guests of the Capuchin Soup Kitchen. This work is here to connect them to the land, to teach them about nutrition, but also to give them practical training in running an enterprise. They can work with plants and in an aviary producing honey. Here they learn in a formalized sequence, covering topics like ag business, soil and compost, seed procurement, and farmers' markets and sales. One woman shared with me how it has changed how she thinks about food, how she has planted an edible garden at home, and taken up baking her own bread. Baking bread was common in her grandmother's home; a part of her heritage she'd left behind until coming here. With a laugh, she said, "C'mon, I can bake my own bread! It can't be that hard!" She was so happy to be her own bread baker.

He explained that the soup kitchen is shifting its operational model from direct services, or what he called "giving them free food," to a more interwoven, invested model like the Earthworks intern program, where 12 interns from the community of people who use their services learn about urban farming, sustainability, and agriculture.

Brother Jerry circled us back to the lunchroom so we could get in line for some spaghetti. He led me to a table shared with five other guests. Conversation turned to one of the guests, a television producer from Europe who had been filming the day before in East Detroit. Guests of the soup kitchen had been her guides, showing her the squat houses they were staying at and helping her to understand how to tell a story about their lives. She said Europe still sees Detroit as the Motor City, and that it's important to show the world what is really going on here, in one of the biggest cities in the wealthiest nation.

I was reminded of my intention to understand uplift. I turned to Brother Jerry and tried to engage him in a conversation about what the city feels like to him. I asked, *What does the vibration of this place feel like to you?* Wondering if I was asking the right question — a concern I was met with when I asked the same question to the Earthworks Farm Manager — he carefully answered: "I'm not interested in the vibration of Detroit. I'm interested in how the guests of the soup kitchen see themselves." He said the Capuchins have been here since 1929, and though it's nice to think otherwise, the neighborhood hasn't gotten better. We discussed the question, *Can one place change the whole?* He explained that the soup kitchen is shifting its operational model from direct services, or what he called "giving

Continued on page 64

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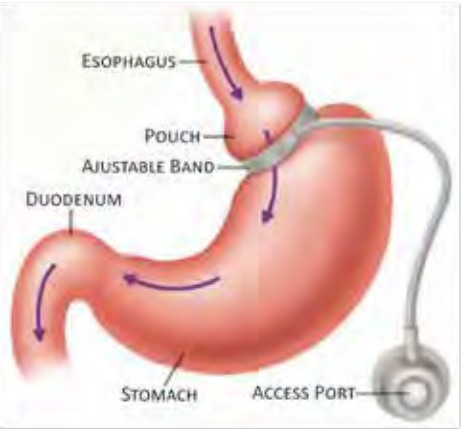

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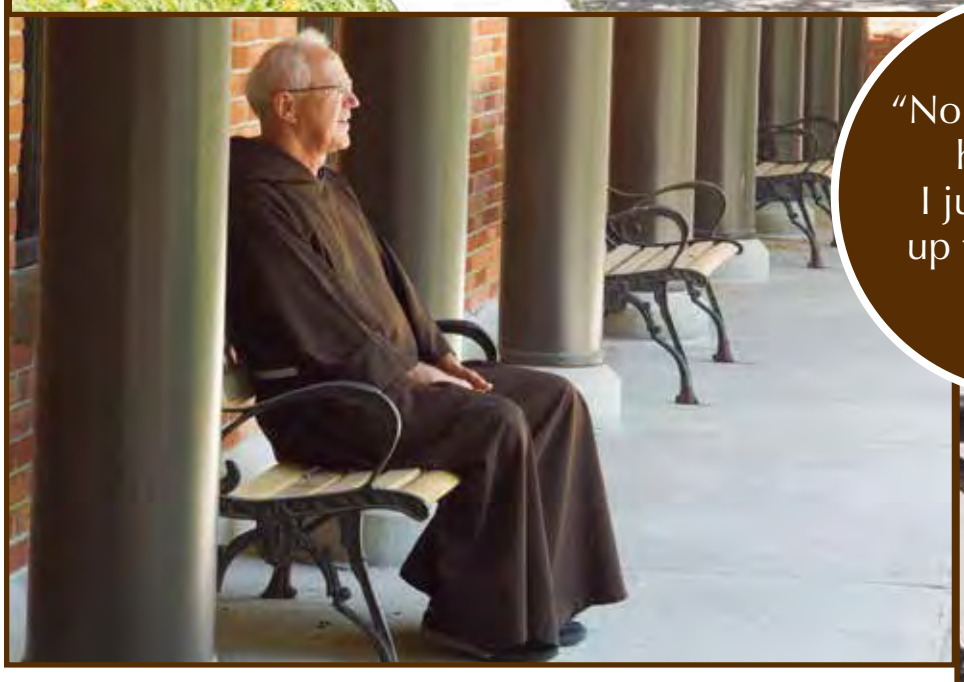
Capuchin Ministries of Detroit



"No matter what happens, I just throw it up to heaven!"

A changing of the guard; Brother Jerry Johnson became CSK's director in 2017

Continued from page 63

them free food," to a more interwoven, invested model like the Earthworks intern program, where 12 interns from the community of people who use their services learn about urban farming, sustainability, and agriculture. Beyond its mission of "building a just, beautiful food system," Earthworks is where Detroiters restore connection to their environment and community. I felt him explain Capuchin Soup Kitchen is where you go when you need a hand up.

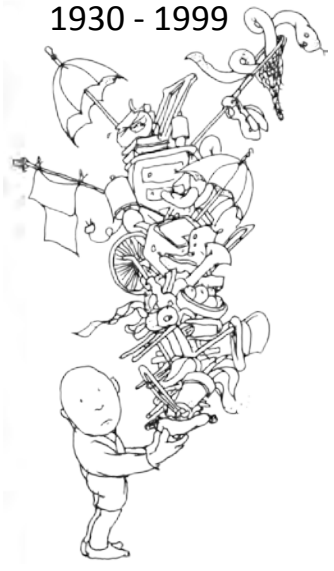
After our meal, Brother Jerry continued to be very generous with his time. He escorted me back to the parking lot where farm meets city, where purpose finds the people who need it, and I felt this was a strong place of anchoring — a calm bay surrounded by once fallow fields that now, through vision, fellowship, and volunteerism, feed the community.

I left in gratitude with one encounter from my time at the soup kitchen that has stayed with me to this day. Moments before we went to lunch, an elderly woman walking beyond the parking lot's chain link fence called out to Brother Jerry. We paused. He wrapped his hands around the links, leaning in to say hi. She asked after him. He knew her name and thought to ask about the store where she worked. There was so much happiness between them, as well as an undercurrent of empathy around times that are tough. He said he'd felt better. She said they weren't going to get the grocery bill paid. "I don't know how we'll do it, Brother Jerry," she said smiling. Then she swooped her hand up into the sky and proclaimed: "No matter what happens, I just throw it up to heaven!"

To get involved with the Capuchin Soup Kitchen, donate online, and learn more about their programs, visit www.cskdetroit.org.

Crazy Wisdom Bookstore

1930 - 1999



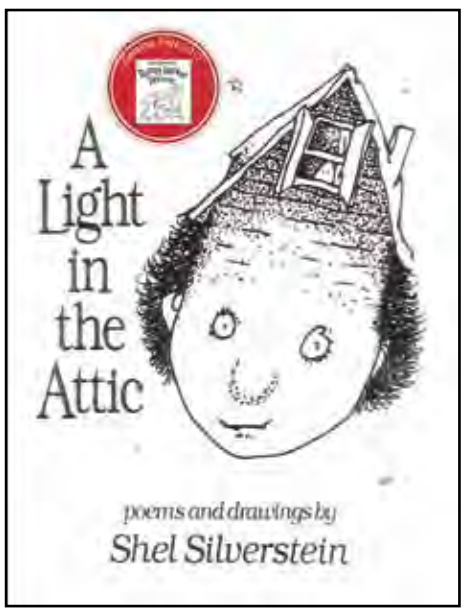
Shel Silverstein

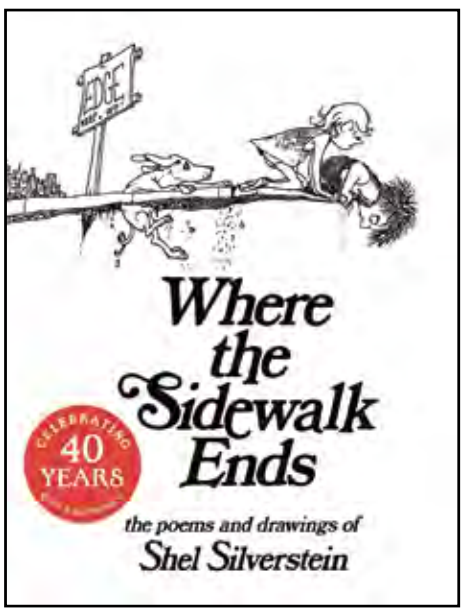
A floppy-eared protagonist who would be called Bunny Rabbit in the straight-talking world morphed into Runny Babbit in the inimitable imagination of Shel Silverstein, and first appeared in *Runny Babbit: A Billy Sook*. This collection of spoonerisms, illustrated with the poet's trademark black-and-white drawings, was published by HarperCollins Children's Books in March 2005, five years after Silverstein's death.

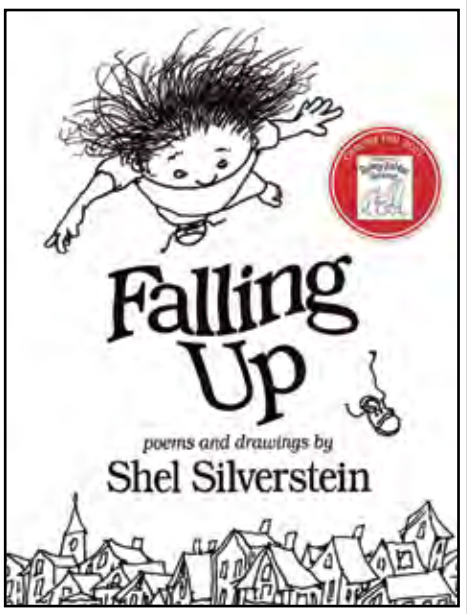
The amiable rabbit will make a second appearance on September 19, when the publisher issues a companion volume, *Runny Babbit Returns*.

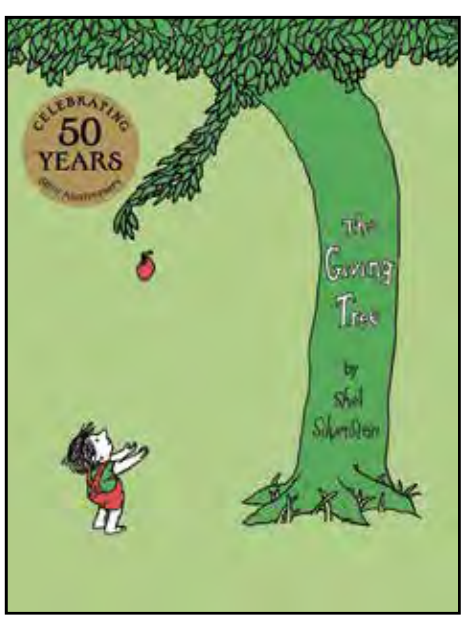
Silverstein, who was also a gifted cartoonist, playwright, performer, songwriter, and recording artist, has charmed generations of young readers with his children's poetry collections, which have sold more than 39 million copies in the U.S. alone and have been translated into 46 languages. His tongue-twisting, letter-swapping wordplay in *Runny Babbit* obviously tickled kids' funny bones: the book has sold more than 770,000 copies.

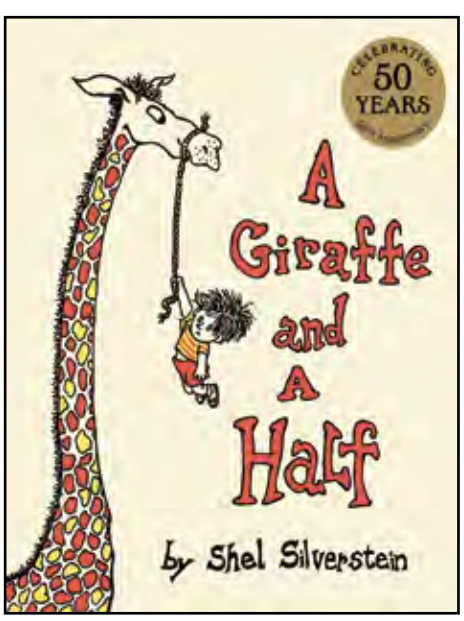
Never-before-published
"Runny Babbit Returns"
On shelves September 19th











"Listen to the mustn'ts, child.
Listen to the don'ts.
Listen to the shouldn'ts,
the impossibles, the won'ts.
Listen to the never haves,
then listen close to me...
Anything can happen, child.
Anything can be."
— Shel Silverstein

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The Crazy Wisdom Kids Section

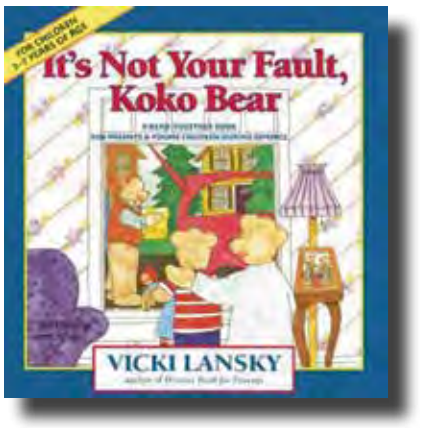
Book & Media Reviews – Great Kids Books & CDs available at Crazy Wisdom in our Children's Section

Crazy Wisdom Kids

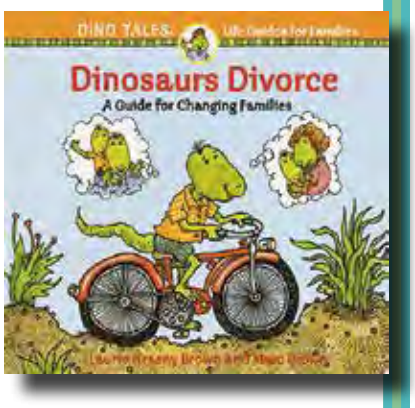
By Waldorf parent Sarah Newland

Having gone through a divorce in the past year, I searched for books with a more spiritual approach to help me navigate my heart-wrenching journey. Some were helpful to me and were potentially a support to my younger child, and it was good to see caring books published on this topic. If you and your children are going through something similar, I hope the following books we carry in the sections of Children's Self Help and Divorce can offer some comfort. And if you have any recommendations, I would love to hear about them.
You can contact me at sarah@crazywisdom.net.

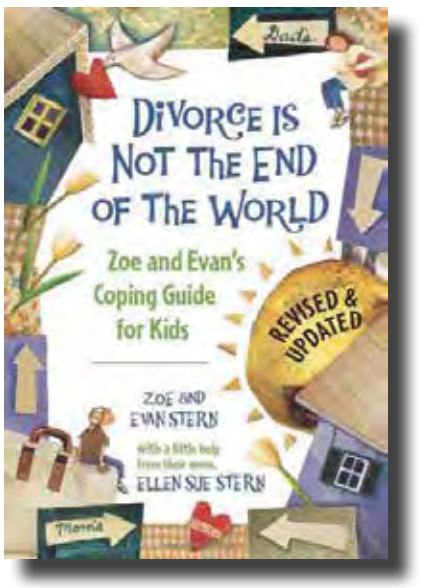
It's Not Your Fault, Koko Bear
By Vicki Lansky
This is a sweetly illustrated book that follows a younger bear through the everyday realities of parents living apart. Koko Bear can help children learn what divorce means, deal with changes in their everyday lives, talk about their feelings, recognize that their feelings are natural, be assured that their parents still love them and will take care of them, and understand that divorce is not their fault. There are passages at the bottom of each page with tips for parents. The story is very gentle and involves two amicable parents. Even so, it was difficult for my child to listen to.
$9.99



Dinosaurs Divorce
By Laurie Brown and Marc Brown
A comprehensive, sensitive guide for changing families, this book helps readers understand what divorce means, why it happens, and how best to cope with everyone's feelings. Written in somewhat graphic novel style, the characters are engaging. I liked this book because it tackles more of the scenarios typical of a difficult divorce, which might be helpful to children in these types of unknown and unnerving situations. This is a New York Times Notable Book of the Year.
$8.99

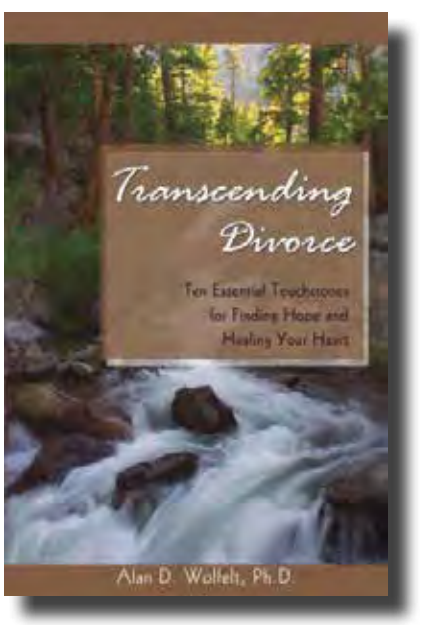


Divorce Is Not the End of the World: Zoe and Evan's Coping Guide for Kids
By Zoe and Evan Stern
At ages 15 and 13, Zoe and Evan wrote an honest, positive, and practical guide for kids that covers topics like feeling guilty, mad, sad or scared; adjusting to different rules and parenting styles; dealing with birthdays, holidays, and other special occasions; and getting used to stepparents and blended families. In this new edition, they look back upon the advice they gave with a fresh perspective ten years later. This book is written for the younger teenaged child and has an easy, relatable, and conversational approach. This was not a book that was useful for my son, but it was helpful for me as a parent to hear potential scenarios and reactions, and what aspects might need greater care.
$9.95

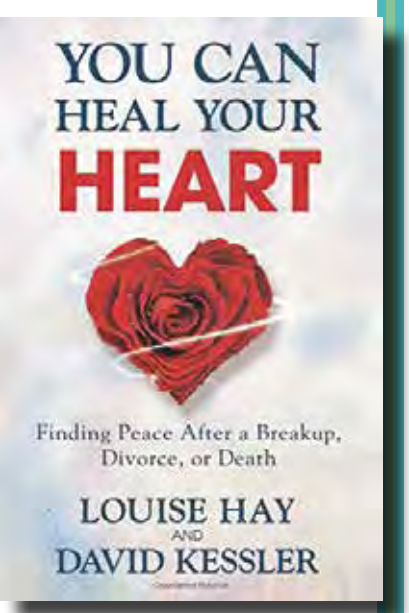

DIVORCE IS NOT THE END OF THE WORLD
Zoe and Evan's Coping Guide for Kids
REVISED & UPDATED
ZOE AND EVAN STERN
with a little help from their mom, ELLEN SUE STERN

Angel cd: Guided Meditations for Children
By Michelle Robertson-Jones
In this beautiful cd with gentle meditations, children will be guided to connect to their very own guardian angels and protective spirits. This type of calming and supportive meditation is useful for any type of trauma or sadness, and can be reassuring during the painful and confusing time of divorce. Intended for the younger child, there are four different guided meditations, with soothing music by Llewellyn. Especially appropriate before bedtime.
$15.95

Transcending Divorce: Ten Essential Touchstones for Finding Hope and Healing Your Heart
By Alan Wolfelt
This is a clear and compassionate book about the painful journey through the "wilderness" of divorce. He describes ten touchstones that are essential physical, emotional, cognitive, social, and spiritual actions to help you accept your experience of divorce, and find your way to hope and healing. This book was useful in helping to integrate the divorce into my life, and move forward with more strength and wholeness.
$14.95



You Can Heal Your Heart: Finding Peace After a Breakup, Divorce or Death
By Louise Hay and David Kessler
This is the most helpful book about divorce I read because it involves reframing how you view your pain and your difficult experience. Louise Hay most commonly uses affirmations and mirror work to help change your thinking, which then helps change your life. I was stuck for a long time in grief, unable to shift my perspective about what had happened. Using the suggested affirmations repeatedly truly did create movement in me and comfort, and allowed me to feel lighter and more hopeful. And when posted within the house or car, my kids were able to read them and benefit, too. I highly recommend this title.
$14.99

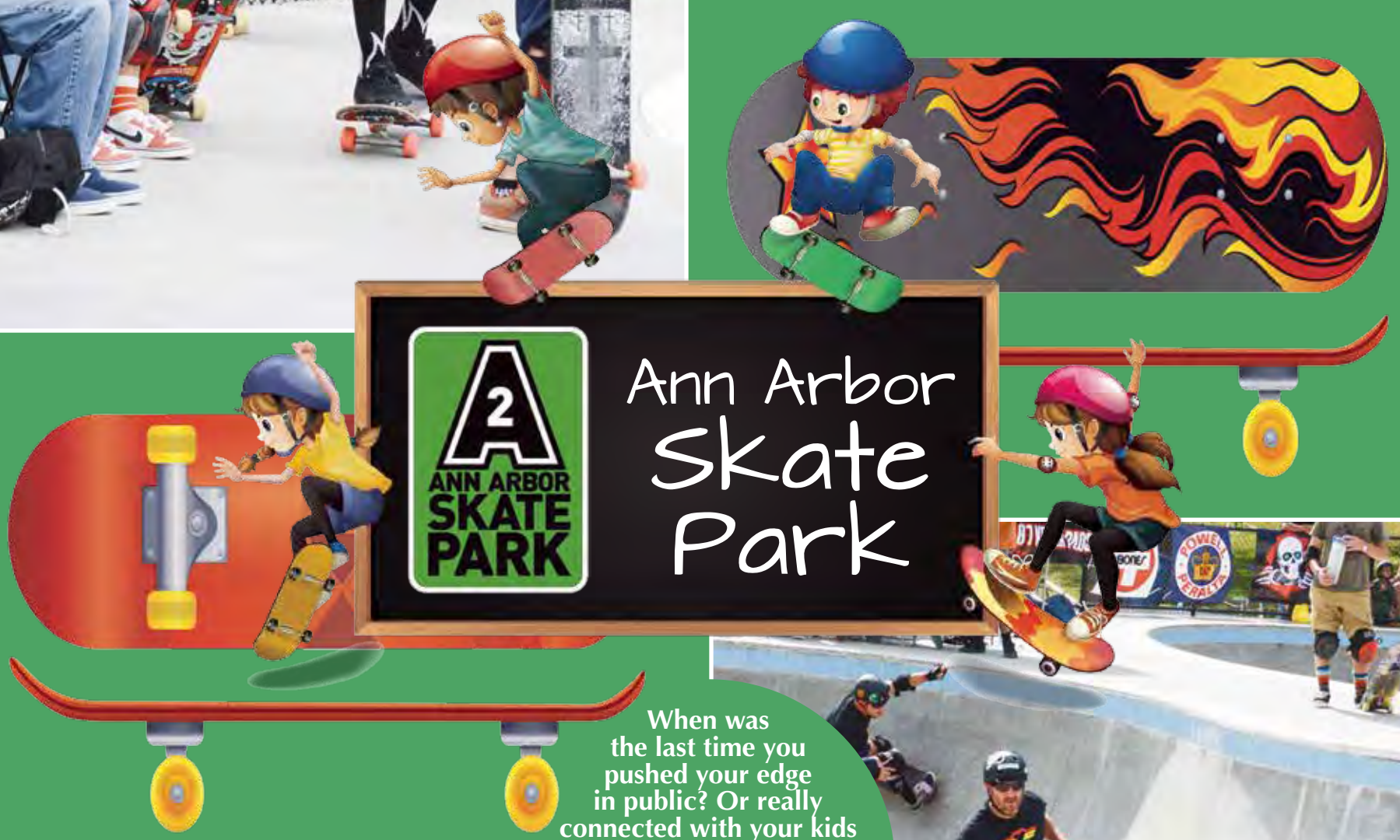


You may also purchase the reviewed books at shopcrazywisdom.com by either visiting the website or scanning the QR code to the left.

https://shopcrazywisdom.indielite.org/kids-reviews

Photo by Tobi Hollander Photography

Photo by Joseph McKinney of Real Neptune Media



Ann Arbor Skate Park

When was the last time you pushed your edge in public? Or really connected with your kids learning a new activity together? How often does your tween or teen get excited to turn off the video game and go somewhere and be active?

Photo by Joseph McKinney of Real Neptune Media

Photo by Tobi Hollander Photography

Article starts on page 68

Ann Arbor Skate Park – A Welcoming Place

By Kendra Theriot

When was the last time you pushed your edge in public? Or really connected with your kids learning a new activity together? How often does your tween or teen get excited to turn off the video game and go somewhere and be active? Have you ever wished your son or daughter felt a sense of belonging in a community of peers outside of home or school?

At the Ann Arbor Skatepark, positive peer-to-peer community building happens every day. Youth and adults alike are rediscovering the motivation to play, experiment, and connect with each other creating a culture of inclusivity and support at a time when we are often divided.

My 14-year-old son opened my eyes to this community back when he was 12 and all he had was an old Razor scooter. He would ask me to drive him to the skatepark after he finished his homework and I'd sit on the bleachers reading a book. One day he decided to try skateboarding and borrowed a friend's board. Soon he was hooked and making friends and learning basic tricks. Now he bikes to the park on his own, he skates the bowls, and is paying it forward teaching younger kids the tricks he knows. He also enjoys a sense of belonging — that reassuring familiar feeling when he shows up at the park after being away for a while, a couple of the regulars go out of their way to "high five" him and stop by to ask where/how he has been. This sense of "you matter" and a feeling of "belonging" are crucial to adolescents.

Located at the Northwest corner of Veteran's Park across from Aldi and Plum Market, the Ann Arbor Skatepark offers 30,000 square feet of world class technical skate park terrain suitable for all levels of skateboarders, scooters, and even roller-skaters.

A Schoolteacher's Vision Galvanizes a Community

Located at the Northwest corner of Veteran's Park across from Aldi and Plum Market, the Ann Arbor Skatepark offers 30,000 square feet of world class technical skate park terrain suitable for all levels of skateboarders, scooters, and even roller-skaters.

Credit goes to Trevor Staples, an Ann Arbor Public School teacher, for planting a seed back in 2005 and ultimately seeing to it that the park would become a reality for the Ann Arbor community. Over the next 8 years, his persistence and grassroots approach attracted enough community supporters and sponsors to ultimately raise the $1.2 million required to construct the park, which was completed in the summer of 2014.

Photo by Joseph McKinney

Skateboarding has come a long way since its humble beginnings back in the 1960s in California. Some people may still think of skaters as part of a counterculture, derelict kids building ramps in the alleys, jumping backyard fences. Today, skateboarding has gone mainstream, a truly global sport, which will debut as an official event in the 2020 Summer Olympics in Tokyo.

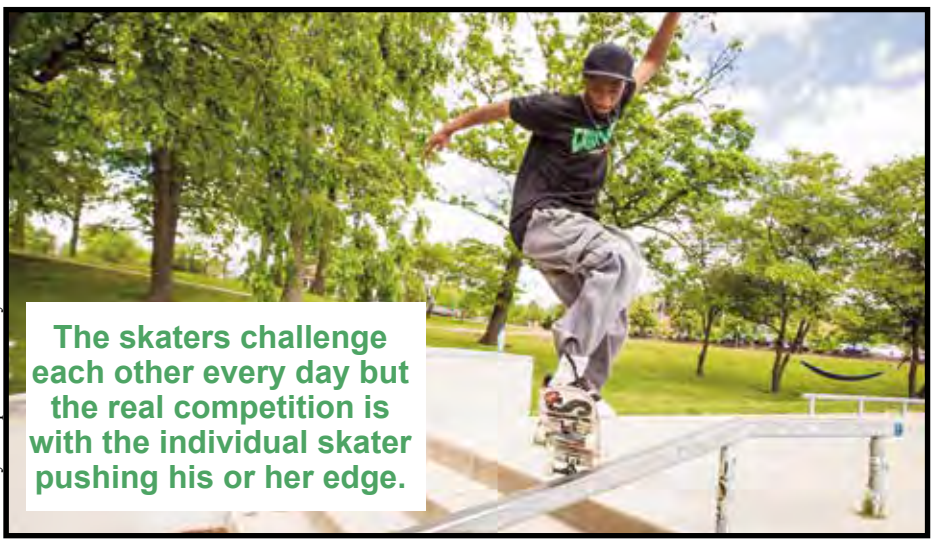


Photo by Joseph McKinney

The skaters challenge each other every day but the real competition is with the individual skater pushing his or her edge.

Today, a nonprofit called Friends of the Ann Arbor Skatepark acts as a liaison between the City of Ann Arbor and Washtenaw County Parks Commission and the Michigan DNR Trust Fund Grant to maintain the facility and organize events. After four years in operation (and eight years in the making) the A2 Skatepark is realizing its vision of a thriving community resource and tourist destination that attracts skaters from Ann Arbor and all around Michigan and surrounding states.

Skateboard Culture Has Come a Long Way

Skateboarding has come a long way since its humble beginnings back in the 1960s in California. Some people may still think of skaters as part of a counterculture, derelict kids building ramps in the alleys, jumping backyard fences. Today, skateboarding has gone mainstream, a truly global sport, which will debut as an official event in the 2020 Summer Olympics in Tokyo.

Ann Arbor's Skatepark is truly a place for everyone. As quoted in MLive on opening day June 21, 2014, Staples said, "We wanted to make sure anybody could skate, whenever they wanted, for free." About a year ago, an all girls skate program was initiated to encourage girls and their moms to try the sport. Currently in its second season, All Girls Skate attracts approximately 20-40 girls every 2nd and 4th Sunday at 9 a.m. from spring until fall. Volunteers offer free instruction and equipment is free to borrow (until it runs out.)

Parents are asked to leave it to the kids to figure things out for themselves. The skatepark website advises against sideline coaching or interference as this kind of well-meaning involvement takes away from the unstructured creativity of the sport.

Ann Arbor's Skatepark is a place where peers teach peers—and once a skater masters a new trick, he can pay it forward by helping another learn it too. The skaters challenge each other everyday but the real competition is with the individual skater pushing his or her edge. As a general attitude, skaters love to see other skaters succeed at new challenges regardless of the level they are at. It is definitely that kind of place where encouragement prevails.

A special note to parents who visit the park: you are asked to leave it to the kids to figure things out for themselves. The skatepark website advises against sideline coaching or interference as this kind of well meaning involvement takes away from the unstructured creativity of the sport.

When a kid nails a new trick they have been practicing for days or weeks, everyone can celebrate. It takes patience to learn and a willingness to persist and push through fear to make progress. This teaches kids the meaning of a "commitment" and to make choices for themselves. My son challenges himself by asking, "What incremental step can I take today to get closer to mastering this kick flip trick?" He might spend two or four days working on something that might look trivial but is significant to him. Then he pays it forward and can teach a younger kid how to do it.

Fitness and concentration are keys to performing skateboard tricks. Amazingly there are few serious injuries despite the perceived high risks of being airborne over concrete, jumping over metal rails and ramps. Many skaters wear some form of padding (knees and wrists) and helmets. There are signs posted around the park recommending this practice especially if you are new. Occasionally collisions happen when the park is busy and kids are not paying attention. At peak times this is more likely to happen, so if you are new, you might try coming earlier in the day before it gets too crowded.

Come See for Yourself

The Ann Arbor Skatepark is on the map. Last fall, it was standing room only when UMS kicked off their 2016-17 season with a live Skateboarding and Jazz event at the Ann Arbor Skatepark celebrating the art of improvisation in music and in skating. Every spring, the Friends of the Ann Arbor Skatepark hosts the Dave Tuck Memorial event, a cancer benefit that attracts huge crowds of skaters and non-skaters alike. Josh Meisler, the current President of the Friends of the Ann Arbor Skate Park, spoke of plans to use the park as a venue to showcase local bands.

When a kid nails a new trick they have been practicing for days or weeks, everyone can celebrate. It takes patience to learn and a willingness to persist and push through fear to make progress.

The everyday action is reason to consider an outing at the skatepark with a friend or with your family. Just come and have a picnic one day—there are plenty of eateries nearby and shade is plentiful on a hot day. Weekends are a good time to catch some of the local pros in the area but there is always someone there during the daylight hours—you won't be disappointed.

While it's common to see youth cruising the park landscape on scooters and skateboards, it is also fun to watch the older set cruising the bowls (deep pools). Sit close enough to listen to the kids exchange encouraging words, challenging each other to become better skaters and citizens at the same time. Witness for yourself the respect and cooperation that happens here in this unsupervised environment. Notice the absence of graffiti, the relative cleanliness, and the occasional police car in the parking lot. Come wintertime, you may see someone clearing snow after a big winter storm. The cement is specially formulated to dry quickly making skateboarding a year round activity.

Photo by Joseph McKinney

Arguably Ann Arbor's most famous pro skater is Andy MacDonald, commonly known as "Andy Mac." Now an X Games legend, Andy spent several years skating in Ann Arbor as a kid, and still comes back to town for special events at the Ann Arbor Skatepark. On a more regular basis spectators are apt to catch glimpses of awesome skaters like Mark Davenport, who hails from nearby Ohio, or street skaters who can do complex kick flips in the air and jump or "olly" over flights of stairs with ease.

Getting Started

While the park is free, the hardware and safety equipment require a modest investment. To this end, Friends of the Ann Arbor Skatepark operates a scholarship fund to make skateboarding safe and affordable to anyone who wants to skate. This fund also includes an inventory of donated equipment (skateboards, parts, helmets and bus passes). Information on how to apply is available on the a2skatepark.org website.

Amazingly there are few serious injuries despite the perceived high risks of being airborne over concrete, jumping over metal rails and ramps.

This park sees a lot of use and local area businesses are benefitting. Launch Board Shop recently moved from South U to Packard and Platt and has everything you need to get started—skate friendly shoes, clothing, decks, hardware, and safety equipment as well as stickers to make your helmet look cool! According to Patrick Eagle, a Launch employee, all the staff are experienced skateboarders who will gladly offer guidance and assemble a complete skateboard deck purchased at the store for no extra charge.

As for learning basic tricks, the best lessons are the informal ones you get by coming to the park, watching people doing a trick you want to learn and asking people at the park to critique you. Practice and patience are key.

Photo by Tobi Hollander Photography

Building on Success - Next Steps for the Park

The park has many offerings but some skaters wish it had a half pipe. Others wish it had lights so you can skate past sundown. According to Meisler, the Friends of the Skatepark is now raising money for lights which will make the park accessible to even more people.

Once funding is secured and lights are in place, Meisler's next dream is to build a small "pro / service shop" on the perimeter of the park where skaters can purchase tools, gear, repair parts, as well as snacks and water. Proceeds from this shop would go towards funding the annual park maintenance and repair fund.

For Meisler, the Ann Arbor Skatepark offers the perfect complement to his career as a social worker in the juvenile justice system where he works during the day. To know that he is supporting a place where teens interact in a supportive way, and are staying active and out of trouble, motivates him to volunteer his time. And he is especially proud that his six- and eight-year-old girls are out skating on Sundays as part of the All Girls Skate program.

What can we all learn from the skatepark? Start with a vision for what is possible, add years of persistence and community engagement, and put in place a set of self-governing social norms around pushing your edge, supporting your friends, and being active, and you have a recipe for success.

For more information on how you can get involved with the park, contact Josh Meisler via the website a2skatepark.org. Friends of the Ann Arbor Skatepark is a 501c3 nonprofit organization.

Babies *Will* Remember ~ How Understanding Implicit Memory Can Make Us Happier and Better Parents

By Catherine Fischer

We love our children dearly. They bring us more joy than we could have imagined. But even when family life is going well, it can also feel inexplicably hard. Just consider the language that describes some of our more difficult parenting moments. We say our blood boils. We say we lose our minds, blow up, fall apart, or tear our hair out. We say or do things we promised ourselves we would never say or do. We may have trouble enjoying our children, and it may seem to us that something is wrong with us or with our children.

Just consider the language that describes some of our more difficult parenting moments. We say our blood boils. We say we lose our minds, blow up, fall apart, or tear our hair out. We say or do things we promised ourselves we would never say or do.

There are many reasons why parenting can be hard. The stress of illness, a strained relationship with a partner, worries about money, long hours of work, and not enough time for ourselves or our children can drain our enthusiasm and patience. Many parents also face isolation, even if they are in a relationship, because parenting so often occurs away from other adults. Add to this the potential burdens of racism, homophobia, and other forms of unfair treatment and parenting can be much more stressful than it should be. These stresses impact us as parents and can shape our reactions to our children.

There is also a different, additional, and usually invisible cause of stressful parenting moments. Sometimes, our reactions are shaped more by unresolved experiences and feelings than by our present challenges. We may notice a pattern to our reactions that we've tried to change, but without success. We want to teach not to hit, but we smack (or must fight the urge to smack) the child who just hit their sibling. We want to be patient and understanding but we belittle our child for melting down over getting the wrong cup/plate/cut of sandwich, etc. We want to model problem-solving for our children, yet we more often end up yelling instead. Sometimes we *hate* something our children do with an intensity that cannot take into account where they are developmentally, or their innocent intentions. We feel out of control.

The work of neuroscientists in recent years has helped to explain why we have these over-the-top moments, and also gives us new insight into the experiences and memories of our babies and very young children.

It has to do with how we remember. Many of us have heard that babies and young children don't remember experiences the first few years. However, research has shown that children do remember their experiences—but differently at different ages, as our brains mature. Babies are born with a functional, although still maturing, ability to remember. These early memories, called implicit memories, are our only form of memory until sometime around our first birthday.

We want to model problem-solving for our children, yet we more often end up yelling instead. Sometimes we hate something our children do with an intensity that cannot take into account where they are developmentally, or their innocent intentions. We feel out of control.

There are two functionally distinct types of memory, though most of us only learned about one of them. From age two to five years, we are developing *explicit memory*, the "autobiographical" memories that let us actively recall our experiences. We usually mean explicit memories when we talk about "remembering." Before this development, we are said to have "childhood amnesia," and our inability to consciously recall events has been confused with an idea that we were unaffected by events from before our own "recorded history" begins.

We can't deliberately recall our implicit memories the way we can our explicit, or autobiographical memories, but nevertheless implicit memories are stored in our nervous system. We won't remember them as stories, but our sensory perceptions of events, the emotions we feel, and the bodily sensations we have all get recorded.

We continue to store implicit memories later in life, too, even after we are capable of creating explicit memories. Events with strong emotional meaning, particularly fearful or upsetting ones, are most likely to be stored as implicit memories later in life. One example which many of us may be familiar with is people's reactions to being in hospitals after a difficult experience there. One woman told me about her experience of returning to a hospital with a gift for the nurses who had cared for her mother before she died unexpectedly. "I felt fine returning to the hospital, and I looked forward to seeing the nurses who had been so wonderful. But the closer I got to the floor we had been on, the dizzier and more upset I got. I had to ask my brother to do all of the talking because I was overwhelmed by feelings." We are often in crisis mode at the hospital, and don't get a chance to fully process, or "metabolize" the experience. In this case, some of it gets stored as implicit memory. Returning to the hospital can bring up these sensations.

Here's one key to understanding implicit memories: when we remember implicit memories, it doesn't *feel* as if we are recalling something. We simply feel emotions—often accompanied by physical sensations, and it seems as though we are reacting to the present moment. This happens for our children but it also happens to us as adults. When a situation reminds us of the implicit memory, we can be flooded with the sensations from a previous experience.

Despite our inability to consciously recall those earliest experiences from babyhood, they stay with us, and have a profound effect on our development and the way we see the world. Implicit memories shape our children in incredibly important ways and, having been children ourselves, our own implicit memories affect us as parents, too. Understanding the implicit memories we make and store starting at birth (or before) can help us to make sense of some of the reactions we have as parents, as well as give us new insight into our children's behavior and help us build better relationships with them.

With an understanding of implicit memories, we can know that our child is flooded with the old fear and can't tell the difference between now and that first frightening experience. We can help our child to face and feel the fear without trying to get them to bypass it.

Understanding Implicit Memory in Children

You don't need to panic if you've been thinking that your children forget all their early experiences. It's good news that they don't, because otherwise all the love, attention and affection you've been giving them would also be forgotten. This newer information about children's memories validates the importance of your care for your children. As Dr. Dan Siegel writes "Our connections with our children impact them and their development at the deepest, most fundamental and formative levels."

How do our children feel our connection with them? Your eye contact with them, your warm and reassuring tone of voice, your gentle physical closeness and your responsiveness to their needs, even if you don't figure things out correctly the first time. These ways of communicating are of tremendous importance from birth onward.

Those experiences that we give our children of feeling seen, understood and cared about are shaping their brains, personalities, and social abilities more profoundly than we ever could have guessed. From our implicit memories, our minds form generalizations, or mental models of the world. Kirke Olson, Ph.D, describes the impact of our implicit memories and mental models in *The Invisible Classroom*:

> It would be difficult to overestimate the influence of these always active but invisible memories. Implicit memories also create mental models which are summations of repeated experiences that become expectations for future experiences. These mental models act as filters that bias our current perception in the direction of the already established model. In other words the mental model creates an expectation of what will occur next and can screen out, allow in or color information based on that expectation.

So, not only do implicit memories stay with us on an unconscious level, they shape our perceptions. The impact of our early memories on our perceptions is so strong that we shape our views of reality and our behavior to make them fit our mental models.

We are all born with the capacity to recover from painful experiences, even ones that get stored away unconsciously, and your children have probably been doing this already. Those hearty cries they've had over falling, or feeling scared when you leave the room, or when an animal frightens them help children to release the emotional charge of the moment. When they have your caring attention during difficult emotional moments, their brains form different connections and can organize the information that came in differently than if they feel alone with their fears and don't have a chance to release them.

If something frightening or discouraging happens to our children and they don't release, or "metabolize" the feelings of the incident, those feelings resurface later when they are somehow reminded of it. As parents, we can't always know what these implicit memories are about, but sometimes we can make an educated guess.

We can't deliberately recall our implicit memories the way we can our explicit, or autobiographical memories, but nevertheless implicit memories are stored in our nervous system. We won't remember them as stories, but our sensory perceptions of events, the emotions we feel, and the bodily sensations we have all get recorded.

For example, a baby who has spent time in the hospital early on, and perhaps felt frustrated or frightened by being alone in an incubator, may later hate being put on her back for a diaper change. A baby who had a difficult birth, perhaps getting stuck in the birth canal, might have that sensory and emotional experience triggered when clothes are put over her head. For older children, it can be easier to see. After being frightened by a large barking dog, a child may feel scared of any dog, no matter what size and whether the new dog is barking. Without an understanding of implicit memories, we don't understand why we can't reason with our child that "this is a nice doggie, he's not going to hurt you." With an understanding of implicit memories, we can know that our child is flooded with the old fear and can't tell the difference between now and that first frightening experience. We can help our child to face and feel the fear without trying to get them to bypass it. When we are with a child in the grip of strong emotions, if we can offer them our calm and confident support while allowing them to feel the feelings, they can drain the emotional charge of the earlier experience. This will help them to gain confidence and deepen their connection with us.

How Implicit Memories Affect Our Parenting

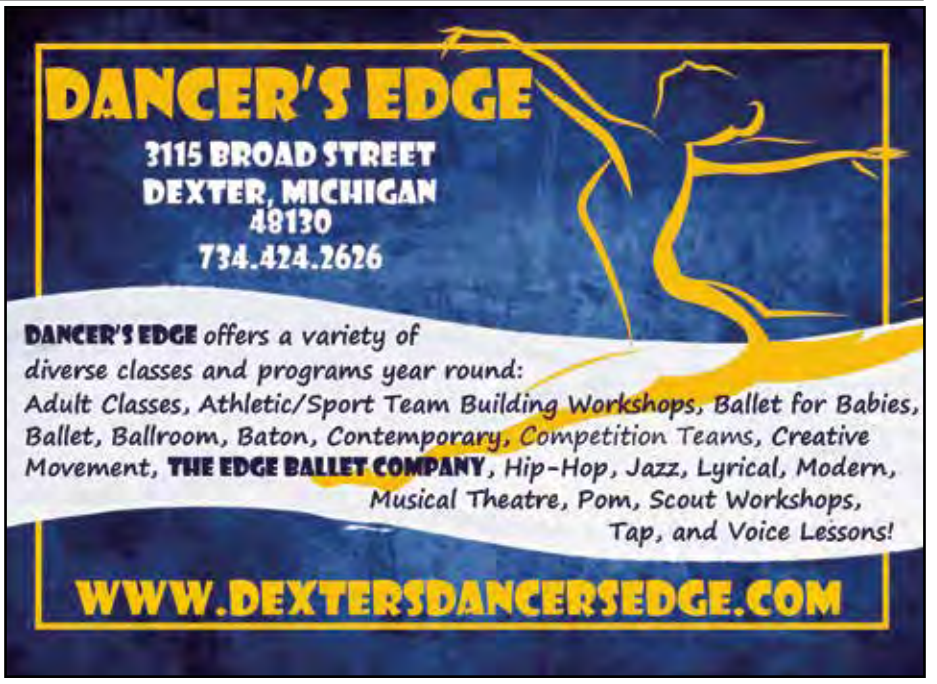
As parents, our children's behavior can take us back to our own childhood, and we may not even be aware of it. Sometimes this is positive—the scent of certain foods we prepare with our family or playing a particular game can evoke a warm feeling of well-being if it reminds us of pleasant implicit memories. (Of course, we can also just be enjoying the present moment. But sometimes it goes beyond that.) Even simply being around a child who is the same age as we were at a particularly happy time of life can evoke lots of happy implicit memories. I suspect that this is why many of us have a favorite age of children to be around.

Even later in life, after we are old enough to create explicit memories, an unresolved emotional experience still gets stored as an implicit memory.

However, we can also be flooded with the feelings and bodily sensations related to a frightening or otherwise upsetting implicit childhood memory. This is tricky, because when our implicit memory is triggered, there is no sensation of remembering, it appears to be about our children. Siblings hurting one another can trigger our experiences of being picked on and a fight or flight response. Children not cooperating may remind us of how we were treated when we tried our parents' patience. Crying babies can trigger our own implicit memories of being helpless. I once talked with a new mom at a mother's group who bravely told me that she was having a really hard time when her baby cried. When I told her that sometimes our feelings about our children tell us something about our life when we were their age, she immediately made a connection: "Maybe the adults around me didn't like it when I cried," she said. It is possible by having that realization, making the implicit explicit, she would re-write that implicit memory and meet her crying baby's needs without such a flood of negative feelings.

Even later in life, after we are old enough to create explicit memories, an unresolved emotional experience still gets stored as an implicit memory. One mother described having an implicit memory surface with her son, and having the experience of recognizing an implicit memory before it got her to mistreat her child:

> When my son was about eight years old, he spanked me on the butt, out of the blue. It didn't hurt at all (except for my pride.) Maybe someone had done that to him, or he was just playing, or he did it for some other reason. I wasn't able to think about why he would suddenly start this behavior. I was immediately annoyed and said sternly not to hit me on the butt. He stopped at that moment, but the next day, he did it again. I gave him the same rigid, tense response. After several days of this, he did it one last time, and I suddenly became filled with rage. I felt it surge up in me as I turned to face him. I was really going to let him have it! My face and energy must have been terrifying and he clearly knew what was coming, because as I opened my mouth to yell at him, I saw his face. His eyes were wide and he looked both surprised and scared. Somehow the look on his face stopped me. Despite my rage, I could see that it shouldn't be directed at him. He looked too innocent and small to handle these intense feelings that I wanted to vent at him.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As I teetered there on the edge of losing it with him, I suddenly knew that the rage was left over from another experience in my life. I had a flash to an old boyfriend who had a habit of patting or grabbing my butt whenever he felt like it. I told him I didn't like it and asked him to stop, but he believed that my body was "his" and he should be able to do that. I wasn't able to stand up for myself. Instead, I avoided walking past him or up the stairs in front of him. Eventually I left the relationship but I never resolved that issue. The intermittent butt pats I was getting from my son were similar enough to that old, upsetting experience that all of my bottled-up rage washed over me. I think it had been stored as an implicit memory because living in the situation with that boyfriend, I hadn't even let myself feel it." Sometimes, just bringing the implicit memory to light by talking about it can help shift the difficult feelings we are having in the present moment.

How to Heal Painful Implicit Memories

We don't always know what our implicit memories are, though. Anyhow, even becoming aware of an implicit memory isn't always enough to release its power over our reactions. Often, we need to do more in order to resolve negative feelings from implicit memories. In his book, *Parenting from the Inside Out*, Dr. Dan Siegel provides "inside-out exercises" to help parents with these challenges. Siegel's other suggestions for working through the emotional charge of those old memories include:

- Body awareness
- Self-reflection
- Having a trusted other bear witness
- Writing in a journal.

The book *Listen*, by Patty Wipfler and Tosha Schore, also describes tools that parents can use to undo the effects of negative implicit memories for both ourselves and our children. A primary tool for parents is using "Listening Partnerships" in which parents take turns listening to one another with acceptance and warmth but without any interruptions or advice. Using any of the above methods can help, and are useful whether or not we can consciously identify our implicit memories.

Parenting is hard sometimes. Understanding implicit memories can help to make it less confusing, though. Knowing that these "always active but invisible memories" are there explains some of our over-the-top reactions as parents. We can use a number of techniques to help ourselves loosen the control of the emotions in our implicit memories. Freed up to respond more patiently and flexibly to our children, we can be more thoughtful and responsive and probably have a lot more fun, too. We can also be more understanding of our children's big emotions, doing them the great service of being the "trusted other" who bears witness to their feelings and allows them to move ahead in life less burdened by painful implicit memories. Finally, we gain the satisfaction of understanding the vital importance of our connection with our children and how we show that we see them and care.

Hopefully, someday, no parent will be misguided by the myth that what happens to their young children doesn't matter because "they won't remember it anyway" and instead parents will be encouraged with accurate information that helps them to give their children the care, attention and responsiveness that they need.

Catherine Fischer, M.A., supports parents as a birth and postpartum doula and a Certified Hand in Hand Parenting Instructor. You can learn more about her services at supportforgrowingfamilies.com

The Crazy Wisdom Community Journal

Events Calendar for Kids • September through December 2017

New, Fun, and Just Plain Cool Things to do!

Crazy Wisdom Kids

Tea with the Fairies at Crazy Wisdom • Thursday, Sept. 21, 1 p.m. and 4 p.m. • Join the fairies of the Crazy Wisdom Tearoom for a magical tea party! Enjoy special treats in your favorite fairy attire, and then gather for story time and a surprise activity in our community room. No charge for children under 18 months. $11. Contact Jessica at jessicameyer@crazywisdom.net.

Saline Community Fair • Aug. 30-Sept. 3 • Fun, food, animals, and lots to do. Ten and under free. Contact salinefairads@gmail.com.

Seussical with Ann Arbor Civic Theatre • Sept. 4-6, 4 p.m. • Contact for ticket pricing and details, a2ct.org.

3D Printing Lab: 3D Scanning with Joe Carr • Thursday, Sept. 7, 6:30-8:30 p.m. • Learn about 3D printing and get some hands-on time with one of our Printrbot 3D printers. This week experienced 3D printer Joe Carr visits to discuss how to scan a 3D object to create a 3D model suitable for printing. No prior experience is necessary. Contact Ann Arbor District Library at aadl.org/events.

Beginning Meditation for Teens with Lauren Tatarsky • Saturday, Sept. 9, 11 a.m.-12:30 p.m. • Introductory workshop for teens on meditation and mindfulness. Ages 14-19 are welcome to join us as we learn skills of slowing down, integrating self care, and connecting with ourselves. Contact Lauren at 303-875-8290; lauren.tatarsky@interfaithspirit.org or interfaithspirit.org.

Family Campout at Independence Lake County Park • Sept. 9-10 • Crafts, fishing, nature programs, s'mores, campfire, and pancake breakfast. $8/person. Contact Julie at 734-449-4437, ext. 201; pahlj@washtenaw.org.

Monarch Migration Festival with Leslie Science and Nature Center • Sunday, Sept. 10, 1-3 p.m. • Each year waves of monarch butterflies travel over mountains, forests, and plains in the US to reach their southern wintering grounds in Mexico. Join LSNC in preserving butterfly habits and releasing monarchs to support national conservation efforts. Registration required. $7/person. Contact Leslie Science and Nature Center at 997-1553; info@leslicsnc.org or lesliesnc.org.

Preserving the Harvest with Ann Arbor District Library • Sunday, Sept. 10, 2-4 p.m. • Learn how to can and preserve your garden's bounty with local food blogger Cynthia Hodges. She will offer tips and tricks on how to do this successfully through a live demo. Contact Ann Arbor District Library at aadl.org/events.

Critters Up Close at Ann Arbor Hands-on Museum • Sept. 10, 13, 1-4 p.m.; Sept. 9, 12, 10 a.m.-4 p.m. • Leslie Science and Nature Center brings live interactions with animals to Museum visitors! Contact aahom.org.

Little Paws Story Time with the Humane Society of Huron Valley • Thursdays, Sept. 14, 28, Oct. 12, 26, Nov. 9, 30, Dec. 7, 21, 10:30-11:30 a.m. • If you have a toddler who loves animals, come have a pawsitively fun time with us at HSHV. Designed for children ages 2-5. $5/child. Up to two adults per child and children under one are free. Contact Karen at 662-5585; humaneed@hshv.org or hshv.org/storytime.

Pets and Pajamas with the Humane Society of Huron Valley • Fridays, Sept. 15, Oct. 20, Nov. 17, Dec. 15, 5-9 p.m. • Parents, enjoy a night out while your kids ages 5-11 enjoy some after hours time at the Humane Society of Huron Valley. This parent drop off event includes an animal themed movie, vegetarian dinner, popcorn, and time with the adoptable animals. $35/first child, $15/each sibling. Contact Karen at 662-5585; humaneed@hshv.org or hshv.org/kids.

Parents' Night Out-Eco Warriors with the Leslie Science and Nature Center • Friday, Sept. 15, 5-10 p.m. • Night out for grown-ups while the kids enjoy an exciting evening at LSNC. Learn how to protect habitats from invasive species and defend wildlife from The Most Deadly Animal in the World. Includes a Panera sandwich box with PB&J or Turkey as well as popcorn. Please come dressed for the weather. $30/child non-members, $25/child members. Contact Leslie Science and Nature Center at 997-1553; info@leslicsnc.org or lesliesnc.org.

Play for Peace with Apple Playschools • Sunday, Sept. 17, 3-5 p.m. • A community event for children and their families to celebrate peace, creativity, and authentic childhoods. Join us for arts and crafts, sing-alongs, and more. Free. Contact Amanda at info@appleplayschools.org or appleplayschools.org.

Fireside Fun - A Good Old Fashioned Campfire Circle with Leslie Science and Nature Center • Sundays, Sept. 17, Oct. 15, Nov. 19, 6:30-8 p.m. • Bring your families, friends, campfire chairs, outdoor games, and s'mores fixings. We'll provide the fire and marshmallows, rain or shine! Free. Contact Leslie Science and Nature Center at 997-1553; info@leslicsnc.org or lesliesnc.org.

Family MEWvie Night with Tiny Lions • Fridays, Sept. 22, Oct. 13, Oct. 27, Nov. 10, Nov. 24, Dec. 8, Dec. 22, 7-9 p.m. • Cuddle up with adoptable cats and snack on popcorn while you watch a family-friendly flick at the Tiny Lions Cat Café! Fee includes movie and popcorn. Proceeds help the homeless animals in our community. $10. Contact Karen at 661-3575; tinylions@hshv.org or tinylions.org/mewvienights.

Friends of the Ann Arbor District Library September Sale • Sept. 23, 10 a.m-4 p.m.; Sept. 24, 1-4 p.m. • Special back-to-school and welcome back sale. Includes higher priced, nicer books. An array of books for children and teachers. Free to browse, books priced as marked. Contact Melanie at 302-7774; melaniebaldwin89@gmail.com or faadl.org.

College Night at Ann Arbor District Library • Tuesday, Sept. 26, 7-8:30 p.m. • Applying to college? This event is for you! Community High's college prep counselor John Boshoven will help you understand how to find the college that fits; Essay Coaching founder Debbie Merion explains how to write a winning college application essay, and Managing Your Mind principal Geri Markel Ph.D. will provide tips about how to score your highest on tests such as the ACT and SAT, all to be followed by Q&A. Books will be for sale. Contact Ann Arbor District Library at aadl.org/events.

Unicorn Cross Stitch at Ann Arbor District Library • Thursday, Sept. 28, 6-8 p.m. • Love unicorns? And crafting? Join us in making an adorable little unicorn cross-stitch project! All skills levels welcome. Contact Ann Arbor District Library at aadl.org/events.

Nature Storytime with Leslie Science and Nature Center • Sundays, Oct. 1, 15, Nov. 5, 19, Dec. 3; Wednesdays, Oct. 4, 11, 18, 25, Nov. 1, 8, 15, 29, Dec. 6, 13, 20, 10-11 a.m. • Explore and appreciate the outdoors with activities such as live animal visits, hikes, stories, and hands on activities. Each session includes indoor and outdoor activities. $5/child non-members, $4/child members. Contact Leslie Science and Nature Center at 997-1553; info@leslicsnc.org or lesliesnc.org.

Emerging Writers Workshop at Ann Arbor District Library • Monday, Oct. 2, 7-8:45 p.m. • This is part of the monthly Emerging Writers Workshops, which offer support, learning, and advice for local authors. Each month, two weeks after the workshop, there is a meetup where the instructors will read samples of your work and offer advice and assistance in a casual, supportive atmosphere. Do you have a completed manuscript? Bring your work to one of the meet-ups to be in consideration for the library's new imprint, Fifth Avenue Press: fifthavenue.press. Contact Ann Arbor District Library at aadl.org/events.

Nature Tykes Preschool Program: All About Animals with LSNC • Wednesdays, Oct. 4, 11, 18, 25, 9:45-11:15 a.m. • Opportunity for 4-5 year-olds to learn and grow independently in this 1.5 hour drop-off program. This month we will discover the differences between animals as we compare and contrast mammals, birds, reptiles, and amphibians. Registration is by the month. $40/child non-members, $36/members. Contact Leslie Science and Nature Center at 997-1553; info@leslicsnc.org or lesliesnc.org.

Astronomy Day Star Party with Leslie Science and Nature Center and the Lowbrow Astronomers • Saturday, Oct. 7, 8-10 p.m. • This is a chance for you to get up-close views of stars, planets, nebulae, and other celestial objects that are hard to see without the use of telescopes. $5. Members free. Contact Leslie Science and Nature Center at 997-1553; info@leslicsnc.org or lesliesnc.org.

Applefest with Apple Playschools • Saturday, Oct. 7, 10 a.m.-1 p.m. • Annual Apple Festival. Families are invited to celebrate fall with apple races, sculptures, art, games, music, treats and more. Free. Small fee for some activities. Contact Amanda at info@appleplayschools.org or appleplayschools.org.

Healthy Family Habits: Mindfulness for Everyone with Grace Helms Kotre • Saturday, Oct. 14, 1-2:30 p.m. • In this family-oriented workshop, parents and children learn simple mindfulness skills that can easily be integrated into a busy family routine. Best suited for kids ages 4-12 with at least one parent or guardian. Contact Grace at 255-0090; grace@mindfulpowertobe.com or mindfulpowertobe.com.

Frankentoys at Ann Arbor District Library • Saturday, Oct. 14, 12-3 p.m. • Channel your inner Dr. Frankenstein and create your own monster companion in time for Halloween! We'll be taking apart old stuffed animals and putting them back together using some simple hand stitching and gluing techniques. Bring your old toys and see what you can create. Contact Ann Arbor District Library at aadl.org/events.

Plays for the Family with Wild Swan Theater • Strega Nona, Oct. 19-21, Little Women, Dec. 7-10 • Contact for times and prices, wildswantheater.org.

Ecology Series: Animal Skulls with Sean Zera • Saturday, Oct. 21, 1-3 p.m. • Get a jump start on Halloween by learning to identify the skulls of some common native animals. Weather permitting,we will also take a short hike to identify animal tracks on the Robin Hills Farm nature trails. $15/person or $25/family. Contact Ben at 834-8496; education@robinhillsfarm.com or robinhillsfarm.com/events.

Animal Haunts "Northern Neighbors" with LSNC • Saturday, Oct. 21, 6-8 p.m. • Join us for a beloved autumnal celebration at LSNC's non scary Animal Haunts. Take a guided hike through Black Pond Woods, where costumed interpreters bring plants and animals to life. Candy-free, scare-free event for children under 12 and their families. Trails are not stroller or wheelchair accessible. $10/person or $35/family. Contact Leslie Science and Nature Center at 997-1553; info@leslicsnc.org or lesliesnc.org.

Parents' Night Out-Pop, Fizz, Bang! with LSNC • Saturday, Oct. 28, 5-10 p.m. • Night out for grown-ups, while the kids enjoy an exciting evening at LSNC. Practice the scientific method, sing silly songs, and make stuff explode! Bring your own lab coat, or borrow one of ours. Includes Panera sandwich box with PB&J or Turkey as well as popcorn. Activities will be outside as much as possible. $30/child/non-members, $25/members. Contact Leslie Science and Nature Center at 997-1553; info@leslicsnc.org or lesliesnc.org.

2017 Ann Arbor District Library Costume Contest • Sunday, Oct. 29, 12:30-3 p.m. • Come in your best, craziest, or most outrageous costume to Ann Arbor District Library's annual costume contest. To enter you must be seen by the judges between 12:30 - 2:00 p.m.. The award ceremony will be held at 2:30 PM. We will have a free photo booth in the Lobby (from 12:00-3:00 p.m.) for all to enter and commemorate the day as well as snacks and crafts. Target gift cards for $30 will be awarded. Contact Ann Arbor District Library at aadl.org/events

Nature Tykes Preschool Program: Animal Senses with LSNC • Wednesdays, Nov. 1, 8, 15, 29, 9:45-11:15 a.m. • Opportunity for 4-5 year-olds to learn and grow independently in this 1.5 hour drop-off program. This month we will focus on the five senses of animals and ourselves. Registration is by the month. $40/child non-members, $36/members. Contact Leslie Science and Nature Center at 997-1553; info@leslicsnc.org or lesliesnc.org.

Spanish Immersion PlayClass with Apple Playschools • Sunday, Nov. 5, 10:30-11:30 • Want to celebrate Dia de los Muertos and learn techniques to bring Spanish into your home? We'll use immersion to share a story, art, and of course, play! $5 suggested donation for new families. Free for returning families. Contact Jessica at info@appleplayschools.org or appleplayschools.org.

Day Off Outdoors Camp with LSNC • Tuesday, Nov. 7; Wednesday, Nov. 22, 8:30 a.m.-5:30 p.m. • Join us for a fun and educational day off from school. Single day registration: $70/child non-members, $65/members. Contact Leslie Science and Nature Center at 997-1553; info@leslicsnc.org or lesliesnc.org.

Camp PAWS with the Humane Society of Huron Valley • Tuesday, Nov. 7, 9 a.m.-4 p.m. • Are you crazy about animals? Camp PAWS helps youth prepare to become responsible and compassionate future pet owners. $65. Contact Karen at humaneed@hshv.org or hshv.org/camppaws.

Paper Quilled Pendants with Ann Arbor District Library • Thursday, Nov. 9, 7-8 p.m. • Create a colorful, unique pendant out of rolled paper. Contact Ann Arbor District Library at aadl.org/events.

Parents' Night Out - Whooooo's There? with LSNC • Friday, Nov. 10, 5-10 p.m. • Night out for grown-ups, while the kids enjoy an exciting evening at LSNC. Meet our nocturnal hunters and explore the ways they fly, hunt, and survive. Includes Panera sandwich box with PB&J or Turkey as well as popcorn. Activities will be outside as much as possible. $30/child/non-members, $25/members. Contact Leslie Science and Nature Center at 997-1553; info@leslicsnc.org or lesliesnc.org.

Wild Works: Nature Art Workshop for Kids with Apple Playschools • Saturday, Nov. 18, 10 a.m.-1 p.m. • Explore the gift of art! Kids can create art at ten different art stations. Peruse our art gallery, arts and craft sale, or attend a handicraft workshop. Proceeds support Apple Playschools. Free admission. Contact Amanda at info@appleplayschools.org or appleplayschools.org.

Owl Prowl: Families • Saturday, Nov. 18, 7-9 p.m. • Join us for an enchanting evening with owls. Night hikes, owl calling, and visits with live owls will fill the evening with wonder as we discover how ears, eyes, and feathers help owls survive the night. This program is for all ages. A similar event for adults only is offered on Nov. 17. $9/adults, $34/families. $8/members, $30/member families. Contact Leslie Science and Nature Center at 997-1553; info@leslicsnc.org or lesliesnc.org.

Westside Arcade at Ann Arbor District Library • Sunday, Nov. 19, 3-7 p.m. • Hey! Do you long for the days of human interaction, and video games - together in the same place? Leave your quarters at home, bring your best smack talk, and join us for dynamic gaming experiences spanning three rooms! Contact Ann Arbor District Library at aadl.org/events.

Kabbalah for Indigos with Karen Greenberg • Begins Wednesday, Nov. 20, 6:30-8:30 p.m. • Utilizing multi-sensory input and experiential learning, we build self-esteem of awake and spiritually evolved teenagers and young adults. We aid in integrating organizational skills, in navigating through low-vibrational emotions, and in discovering their genius. $50/two-hour class. Meets once a month for about a year. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Soda Tag Flower at Ann Arbor District Library • Thursday, Nov. 30, 7-8 p.m. • Create a gorgeous little DIY Soda Tag Flower you can knock together in minutes! It's a pretty cool way of making good use of soda-can tabs that would otherwise just find their way into the trash – we just love a project that allows you to make something special out of nothing at all. Contact Ann Arbor District Library at aadl.org/events.

Full Moon Hike with Leslie Science and Nature Center • Saturday, Dec. 2, 7-9 p.m. • Enjoy the height of the lunar month with a moonlit hike through the woods. Do some simple science experiments and learn about how animals see in the dark and survive. Enjoy some hot cocoa by the fire -- be green and bring your own mug! This program will include hike groups for all ages as well as adults 18+. Please note preference on registration. $9/adults, $34/families. $8/members, $30/member families. Contact Leslie Science and Nature Center at 997-1553; info@leslicsnc.org or lesliesnc.org.

Nature Tykes Preschool Program: Wintertime Woods with LSNC • Wednesdays, Dec. 6, 13, 20, 9:45-11:15 a.m. • Opportunity for 4-5 year-olds to learn and grow independently in this 1.5 hour drop-off program. This month we will explore what goes on in the woods during winter. Registration is by the month. $40/child non-members, $36/members. Contact Leslie Science and Nature Center at 997-1553; info@leslicsnc.org or lesliesnc.org.

My Turn at LSNC • Sunday, Dec. 10, 10 a.m.-12 p.m. • Families affected by Autism Spectrum Disorder are invited to attend each free "my turn" program in a less sensory stimulating and crowd-free environment. Hike, explore, and play at this nature-based My Turn event. Free. Registration through Ann Arbor Hands-On Museum. Contact Leslie Science and Nature Center at 997-1553; info@leslicsnc.org or lesliesnc.org.

Parents' Night Out - Wild Winter Woods with LSNC • Saturday, Dec. 16, 5-10 p.m. • Night out for grown-ups, while the kids enjoy an exciting evening at LSNC. Explore how animals survive in winter and test your survival skills through games and challenges. Includes Panera sandwich box with PB&J or Turkey as well as popcorn. Activities will be outside as much as possible. $30/child non-members, $25/members. Contact Leslie Science and Nature Center at 997-1553; info@leslicsnc.org or lesliesnc.org.

Critter House Open Hours • Sundays, 10 a.m.-1 p.m. Closed: Sept. 10, Oct. 8, Dec. 10, 24, 31. • Critter House is home to many native reptiles and amphibians. Free. Contact Leslie Science and Nature Center at 997-1553; info@leslicsnc.org or lesliesnc.org.

"Muck Boot" Camp: Life Skills for Youth at Heritage Hill Haven with Kathleen A. Hinderer • Sept. - Dec. • Campers will learn life skills to effectively deal with the "muck" in life. Prices vary. Contact Kathleen at 622-9500; Haveninfo@heritagehillhaven.org or heritagehillhaven.org.

Teens Using Drugs: What to Know and What to Do with Ray Dalton • Part One: Oct. 3, Nov. 7, Jan. 2, Feb. 6, Mar. 6., Apr. 3, May 1, June 5. Part 2: Oct. 10, Nov. 14, Jan. 9, Feb. 13, Mar. 6, Apr. 10, May 8, June 12. 7:30-9 p.m. • Two-part series to help participants understand, identify, and respond helpfully to teen alcohol or other drug problems. Inclusive of families, teens, professionals, students, and others. Free. Contact 485-8725; info@dawnfarm.org or dawnfarm.org/programs/teens-using-drugs.

Yoga with Cats with Tiny Lions Lounge and Adoption Center • Sundays, 8:30-9:30 a.m., Thursdays, 7:30-8:30 • Practice Hatha style yoga with the furry feline masters at Ann Arbor's own cat cafe! Bring peace to your mind and body while filling your heart with joy as you help animals - proceeds help the homeless animals in our community. Ages 12+. $10. 10th class is free. Contact Karen at 661-3530; tinylions@hshv.org or tinylions.org.

FAST(Tattum) Reading Program for Dyslexia with Susan Major • Wednesdays, 7:30 p.m. • This innovative technique synthesizes current brain research with the principles of several reading programs, including the language structure of the Orton-Gillingham method. It has produced remarkable results for dyslexic readers of all ages. Free. Contact Susan at 996-0702; samajor@comcast.net or majortutoring.com.

Tai Chi for Kids with Jonathan Buckman • Sundays, 4:30-5:30 p.m. • This class invites kids to learn about themselves and introduces them to skills that can bring a lifetime of happiness. It covers the slow tai chi form, playful pushing hands, and meditation techniques to use at home or school. Open to children ages 5-17. $21/drop-in or $70/month. Contact Alexis at 845-9786; alexis@sunshen.org or sunshen.org.

Equine Assisted Therapy at Michigan Abilities Center with Kathleen Hinderer • Ongoing by appointment • Innovative therapy, learning, and wellness facilitated by horse sense and horsepower for all ages and abilities with special needs. Equine assisted therapy combines unique learning with the uncanny instincts of horses. Hippotherapy, therapeutic riding, and mental health and recreational riding services are offered through customized individual, group, and inclusive programs in a sensory-friendly and barrier-free facility. Prices vary. Contact 622-9500; macinfo@michiganabilitiescenter.org or michiganabilitiescenter.org.

Horseplay and Horse Feathers at Heritage Hill Haven with Kathleen A. Hinderer • Ongoing by appointment • Combining "horsepower" and farm life with therapy and learning makes horse sense! Discover the healing power of horses through ground work and mounted learning activities in individual or group sessions. For youth with attention, learning, or social interaction challenges. Prices vary. Contact 662-9500; haveninfo@heritagehillhaven.org or heritagehillhaven.org

Dances for Toddlers, Boys, Girls, Teens, Adults, and Seniors with Arts in Motion Dance Studio • Classes are offered weekdays, evenings, and on Saturdays. • All classes designed to encourage kids and adults to be happy and healthy. We also offer adaptive classes for differently abled students. $14-$19/class. First class free. Contact Amanda at 222-6246; info@artsinmotion.net or artsinmotion.net.

Dinosaur Tours and Planetarium Shows through Museum of Natural History • Special exhibits through Dec. 31: Museum on the Move, Bristle Mammoth Exhibit, Extreme Time. Contact lsa.umich.edu/ummnh.

"So this was
her kingdom:
an octagonal house,
a roomful of books,
and a bear."
– Marian Engel

New, Fun, and Just Plain Cool Things to do! List your kid, tween or teen events in the January through April 2018 issue of the CW Journal!
The deadline for submissions for the next issue (January through April 2018) is November 13, 2017.

The Crazy Wisdom Calendar

A Free Guide to Local Classes, Workshops, and Events
September through December 2017

Calendar Edited by Melanie Baldwin

Artwork by Logynn Hailley

Addiction and Recovery

Drug Education Series with Carl Christensen • Mondays, Sept. 11, 18, 25, 7-8:30 p.m. • Three part series discussing different topics each time. Sept. 11: Addiction, Medicine, and Pain. Sept. 18: Finding the Best Treatment. Sept. 25: Film Presentation reviews the latest research about addiction and gives hope to addicts, their families, and friends that recovery is possible. Open to all. Free. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

NADA Ear Acupuncture for Addiction Recovery/Trauma/Pain Management with Virginia June • Saturdays and Sundays, Sept. 16, 17; Oct. 14, 15; Nov. 11, 12; Dec. 9, 10 • Learn the NADA protocol. See acudetox.com for more information. Treatments given for $20/person. $605/class. Contact Virginia at 277-7347; whitewolfhealing@gmail.com or whitewolfhealing.com.

Dawn Farm Education Series on Addiction and Recovery • Tuesdays, Sept. 19, 26, Oct. 24, Nov. 28, Dec. 19, 7:30-9 p.m. • Education programs on addiction, recovery, family concerns, and related issues. Practical, helpful, hopeful information. Free. Contact Emily at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Teens Using Drugs: What to Know and What to Do with Ray Dalton • Begins Oct. 3, first Tuesdays, 7:30-9 p.m. • Two-part series to help participants understand, identify, and respond helpfully to teen alcohol or other drug problems. Inclusive of families, teens, professionals, students, and others. Free. Contact 485-8725 for dates; info@dawnfarm.org or dawnfarm.org/programs/teens-using-drugs.

A Serenity Retreat for Women with Rose Celeste O'Connell • Pre-Retreat: Thursday-Sunday, Oct. 5-8 • Sharing our experience, strength, and hope through the twelve steps of AA. Single: $350, Double: $250/person, Commuter: $200, Non-refundable deposit: $25. Contact the Weber Center at (517) 266-4000; webercenter@adriandominican.org or webercenter.org.

How to Support Recovery and Not Support Addiction with Charles F. Gehrke • Tuesday, Oct. 17, 7:30-9 p.m. • Learn about simple but effective actions for family, friends, and others to avoid enabling another person's addiction, support the other's recovery, and maintain their own health and well-being. Free. Contact Emily at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Intervention to Durable Recovery: The Power of Family with Debra and Jeff Jay • Tuesday, Nov. 21, 6:30-9 p.m. • Jeff and Debra will describe highly effective processes that family members can employ when a loved one has an alcohol/other drug addiction that can maximize the potential for a successful outcome for all involved. Free. Contact Emily at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

"Knowing my power animals
gives great comfort
I do not walk alone."

— Alison Stormwolf

Aging and Sageing

Fountain of Youth: Aging and the Alexander Technique with Kathleen Moore • Tuesdays, Sept.-Dec., 6-7 p.m. • Do you have back pain, difficulty breathing, stooped posture, or lack of good physical balance? The gentle, healing, mindful body method of the Alexander Technique can help. $200/8 sessions. Contact Kathleen at 668-8146; kathymooremusic@gmail.com or moore-voice.com.

Animals and Pets

Low Cost Vaccine Clinic with the Humane Society of Huron Valley • Saturdays, Sept. 9, Oct. 14, Nov. 11, 9-11 a.m. • Healthcare for our pets is essential, but can be pricey. To help keep animals with their families and help families keep veterinary care affordable, the Humane Society offers low cost vaccine clinics. Appointments not necessary; just bring cats in carriers and dogs on non-retractable leashes. Vaccine prices vary. Contact 662-4365; clinic@hshv.org or hshv.org/vaccineclinic.

Community Cat Volunteer Training with the Humane Society of Huron Valley • Fridays, Sept. 15, Oct. 20, Nov. 17, Dec. 15, 1 p.m. • Be an advocate for cats! Come learn why Trap-Neuter-Return (TNR) helps humanely reduce the number of free-roaming cats, lowers euthanasia, and creates better, less hostile environments for our community cats. You'll also learn how you can help--and we need you! Free. Contact Cheryl at 661-3523; tnr@hshv.org or hshv.org/tnrclass.

Family MEWvie Night with Tiny Lions • Fridays, Sept. 22, Oct. 13, 27, Nov. 10, 24, Dec. 8, 22, 7-9 p.m. • Cuddle up with adoptable cats and snack on popcorn while you watch a family-friendly flick at the Tiny Lions Cat Café! Fee includes movie and popcorn. Proceeds help the homeless animals in our community. $10. Contact Karen at 661-3575; tinylions@hshv.org or tinylions.org/mewvienights.

Animal Haunts "Northern Neighbors" -- Adults Only with the Leslie Science and Nature Center • Friday, Oct. 20, 7-9 p.m. • Bring a friend (or two) for a fun evening with music, beer and hard cider, tasty treats, and a live show. While you're here, visit creepy crawlies in our Critter House, meet some of our resident owls up close, take a guided twilight hike through Black Pond Woods, and enjoy an autumn evening in the great outdoors. Participants must be 21 or older. $25/person, $20/member. Contact LSNC at 997-1553; info@lesliesnc.org or lesliesnc.org.

PetMassage Foundation Level Workshop with Jonathan Rudinger • Thursday through Saturday, Nov. 9-13 • You will understand the roadmap to creating and marketing your canine massage business: the theory, techniques, vocabulary, culture, and vision of PetMassage, become aware of body mechanics, learn to understand and provide for diverse canine needs, learn various complementary bodywork techniques, and understand basic dog anatomy and physiology as it applies to canine massage. $2,000. Contact Anastasia at 1-800-779-1001; info@petmassage.com or petmassage.com.

Owl Prowl: Adults Only with the Leslie Science and Nature Center • Friday, Nov. 17, 7-9 p.m. • Join us for an enchanting evening with owls. Night hikes, owl calling, and visits with live owls will fill the evening with wonder as we discover how ears, eyes, and feathers help owls survive the night. This program is for adults 18+. A similar event for families is offered Nov. 18. $9/non-members, $8/members. Contact the Leslie Science and Nature Center at 997-1553; info@lesliesnc.org or lesliesnc.org.

Aromatherapy and Essential Oils

Essential Oils: Handmade Lip Balm Workshop with Holly Rutt • Tuesday, Sept. 26, 6:30-8:30 p.m. • In this hands-on workshop participants will learn to make their own all-natural lip balms, scented with essential oils. After an overview of Holly's signature recipe and a brief discussion of sourcing ingredients, students will make, package, and label ten tubes each of their own custom-scented blends to take home. $30. Contact Ben at 834-8496; education@robinhillsfarm.com or robinhillsfarm.com/events.

Be Young Total Health: Essential Oils and Products - Oils for Animals with Dana Young • Nov. 16-18 • In-depth training on use of Oils and Products. Will include what oils may be used for animals. Price TBD. Contact Barb at (517) 914-4133; barbmcconnell7@gmail.com.

Art and Craft

Drawing/Painting with Kay Gould-Caskey • Wednesdays, Sept. 6-Oct. 25, Nov. 1-Dec. 13, 12:45-2:45 p.m.; Saturdays, Sept. 9-Oct. 28, Nov. 4-Dec. 9, 1-3 p.m. • Learn techniques for graphite, colored pencil, watercolor, or acrylic - your choice. Students at all levels of experience are welcome. Learn shading, composition, color values, line quality, and much more. $150 Sept.-Oct. $112.50 Nov.-Dec. Contact Kay at 769-1810; fallingwaterkay@yahoo.com.

Mixed Media Class with Kay Gould-Caskey • Mondays, Sept. 11-Oct. 30, Nov. 6-Dec. 11, 2-4 p.m. • Experience the joy and satisfaction of creating art from collaging, found objects, drawing, photos, stitching, painting, and much more. No previous experience necessary. $150 Sept. - Oct. $112.50 Nov. - Dec. Contact Kay at 769-1810; fallingwaterkay@yahoo.com.

Westside Art Hop with Sophie Grillet • Saturday, Oct. 14, 10 a.m.-5 p.m. • Westside Art Hop is a twice-yearly event that takes place in the Westside neighborhood of Ann Arbor. Walk through a historic neighborhood where residents open up their homes, studios, garages, and workspaces to local artists. You will see a wide variety of high quality artwork in different mediums on show and for purchase. Free. Contact Sophie at westsidearthop@gmail.com or westsidearthop.com.

The Artist's Way with Mary Ledvina • Mondays, Sept. 18-Dec. 11 (skip Oct. 23), 6:30-8:30 p.m. • During this twelve-week class, you'll learn to unearth, envision, and pursue your dreams, refill your well, listen to your inner voice, and accomplish creative exploits. The Artist's Way is a step-by-step process of creative recovery for anyone who wants to unblock. $300. Contact Mary at 646-9161; maryledvina@earthlink.net or maryledvina.com.

Astrology

Drop-In Astrology Readings with Alia Wesala • Second and Fourth Saturdays, 3-6 p.m. at Crazy Wisdom • Alia provides brief astrological consultation sessions to individuals, couples, and families. $1.50/minute. No appointment necessary. Contact 719-0782; astrolibration@gmail.com.

Drop-in Astrology/Energy Work with Simran Harvey • First and Third Sundays, 12-3 p.m. at Crazy Wisdom • Simran offers astrological consultations with the option to energetically address issues and situation in the moment. Stand-alone astrology or energy work on offer. $1.50/minute. No appointment necessary. Contact Simran at 255-9533; astroenergywork@gmail.com.

Fixed Stars: Points of Destiny with Elizabeth Hazel • Sunday, Sept. 10, 1:30-4 p.m. • Special presentation covering the basics of working with fixed stars in natal charts. $10. Contact Sue Bacon at (248) 765-3131; smartmich2010@gmail.com.

A Kiss is Still a Kiss-Or is it? The Astrological History of Love with Armand Diaz • Sunday, Sept. 24, 1:30-4 p.m. • Love and sex continue to evolve and our perceptions of them change. We'll examine their history from 1850 to today, with an eye toward the future. We'll look at the movement of the outer planets through signs and the emergence of goddess asteroids. We'll also explore the charts of key people and important milestones in our ongoing sexual revolution. $15/members. $20/nonmembers. Contact Sue Bacon at (248) 765-3131; smartmich2010@gmail.com.

Renaissance Insights with Lynda Forbes • Sunday, Oct. 22, 1:30-4 p.m. • Lynda will share patterns she has discovered over 18 years of reading at Renaissance Fairs. This includes patterns that are not covered in astrological texts with others that reflect the gamut of human emotions. $15/members. $20/nonmembers. Contact Sue Bacon at (248) 765-3131; smartmich2010@gmail.com.

SMARRT Birthday Party • Saturday, Nov. 25, 5-9 p.m. • Come celebrate SMARRT's birthday with fine dining and conversation. Cost of meal. Contact at Sue Bacon (248) 765-3131; smartmich2010@gmail.com.

Ayurveda

Exploring the Ancient Science of Life - Ayurveda with Aparna Khanolkar • Sept. 9, 1:30-4 p.m. in the Crazy Wisdom Community Room • Learn the basic concepts of Ayurveda and gain understanding about the mind-body-spirit connection. Interactive dosha quiz and discussion on balancing the doshas within oneself. $10-15 donation. Contact Aparna at 994-9174; aparna@aparnakhanolkar.com or aparnakhanolkar.com/group-study.

Bodywork

Equine Assisted Therapy and Mindfulness at the Michigan Abilities Center • Ongoing by Appointment • Therapy on horseback and equine-inspired mindfulness create a powerful healing session as the motion of the horse generates a deep sense of relaxation. Through mounted and grounded activities that promote wellness, participants of all ages can discover the ABCs of horseplay. No experience necessary. Prices vary. Contact Kathleen at 622-9500; macinfo@michiganabilitiescenter.org or michiganabilitiescenter.org.

Book Discussion Groups

Crazy Wisdom Monthly Book Discussion • Fridays, 7:30 p.m. in the Crazy Wisdom Community Room • The monthly book discussion connects participants through the selection, reading, and discussion of books from Crazy Wisdom Bookstore's diverse inventory. All book selections will be available at Crazy Wisdom Bookstore at a 30% discount. Discussion is free. Contact 665-2757; email deb@crazywisdom.net or visit the Crazy Wisdom Monthly Book Discussion page on meetup.com.
Sept. 15 • *The Other Side of Impossible - Ordinary People Who Faced Daunting Medical Challenges and Refused to Give Up* by Susannah Meadows, hosted by Deb Flint • Praised as an amazing book that brings good heart to the difficult subject of healthcare in a way that is compassionate and possibly life-changing.
Oct. 20 • *Madness - A Bipolar Life* by Marya Hornbacher, hosted by Bill Zirinsky • Marya will be presenting at this year's Prechter lecture. This important work will allow us to unpack the present and future of research in bipolar disorder and discuss how bipolar affects lives.
Nov. 17 • *Hunger* by Roxanne Gay, hosted by Deb Flint • This book explores what happens when the author confronts a wrenching past with wisdom and bravery. Roxanne shows us how to be decent to ourselves and decent to one another.
Dec. 15 • *13 Things Mentally Strong People Don't Do* by Amy Morin, hosted by Deb Flint • From "Don't waste time feeling sorry for yourself" to "Don't expect immediate results", this book provides revolutionary new strategies that can work for everyone. Let's discuss becoming mentally stronger.

Jewel Heart Readers • Tuesdays, Sept. 26, Oct. 10, Nov. 14, Dec. 19, 7-8:30 p.m. • Enjoy lively discussion on monthly dharma-related book selections with fellow sangha. All are welcome. Free. Contact Jewel Heart at 994-3387; annarbor@jewelheart.org.

Book Conversation: *Drawdown* with the Michigan Friends Center • Thursday, Dec. 7, 7-9 p.m. • Discussion of a timely new book which describes dozens of proposed ways to reduce, halt, or reverse the effects of human activities that contribute to the warming of our planet. Limited copies of *Drawdown* will be available through the Chelsea District Library in advance for participants. Donations welcome. Contact Michigan Friends Center at 475-1892; manager@mfcenter.org or mfcenter.org.

Breathwork

Transformational Breath Experiential Evening Workshops with Julie Wolcott and Marcia Bailey • Friday, Sept. 8, Thursday, Sept. 14, Wednesday, Oct. 14, 7-9 p.m. • We begin the workshop with a discussion of the benefits and basics of the breath process, set intention, and experience a full breath session and end with integration. Participants may register for one or more of the three review sessions. First timers arrange with Julie or Marcia to come one hour early for an overview. $30/session for a reviewer, $40/new participants. Contact Julie at 355-1671; jlwolcott@ymail.com or breatheannarbor.com.

Breath Immersion Weekend: Transformational Breath Level 2 with Julie Wolcott and Marcia Bailey • Saturday-Sunday, Sept. 23-24 • Weekend will include four full breathing sessions: focus on breath analysis, throat opening, Dyadic soul communication, and meditative breathing. Other experiences available. Personal coaching. Level 2 of the Transformational Breath Foundation. $500/two-day weekend. Contact Julie at 355-1671; jlwolcott@ymail.com or breatheannarbor.com.

Breath Immersion Weekend: Transformational Breath Level 3 with Julie Wolcott and Marcia Bailey • Saturday-Sunday, Oct. 21-22• Weekend will include four full breathing sessions: focus on breath patterns, miracle consciousness, water breathe, and soul star breath. Other experiences available. Personal coaching. Level 3 of the Transformational Breath Foundation. $500/two-day weekend. Contact Julie at 355-1671; jlwolcott@ymail.com or breatheannarbor.com.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section that follows the Calendar, which is called "Background Information" and which starts on page 101.

The Crazy Wisdom Calendar

Breathwork (cont.)

Integrative Breath Work with Linda Adamcz • Saturdays, Sept. 16, Oct. 14, Nov. 11, Dec. 2, 2-5 p.m. • A musical journey for insight, emotional healing, creativity, and renewal. $40. Contact Linda at (269) 388-2988; lindaaadamcz@gmail.com or adamczassociates.com.

Integrative Breath Work with Linda Adamcz • Fridays, Sept. 22, Oct. 27, Nov. 17, Dec. 8, 7-9 p.m. • A musical journey for insight, emotional healing, creativity, and renewal. $30. Contact Linda at (269) 388-2988; lindaaadamcz@gmail.com or adamczassociates.com.

Integrative Breath Work with Linda Adamcz • Saturdays, Sept. 23, Oct. 28, Nov. 18, Dec. 9, 10 a.m.-5 p.m. • A musical journey for insight, emotional healing, creativity, and renewal. $75. Contact Linda at (269) 388-2988; lindaaadamcz@gmail.com or adamczassociates.com.

Buddhism

Interconnected: Connecting with Spiritual Life in the 21st Century with Lama Tsultrim Gyaltsen at Crazy Wisdom • Friday, Sept. 22, 7:30 p.m. • Lama Tsultrim will base his talk on the book *Interconnected* by The Karmapa, Ogyen Trinley Dorje. This book is not strictly about Buddhism, but incorporates Buddhist principles to explore how we can go beyond a mere intellectual understanding of our connections to one another and to the earth. By first seeing, then feeling, and finally living these connections, we can become more effective agents of social change. Free. Contact Pat at 678-7549; aaktc@yahoo.com or annarborktc.org.

Using Life's Manure for Spiritual Growth with Lama Tsultrim Yeshe at Crazy Wisdom • Friday, Sept. 29, 7:30 p.m. • When faced with circumstances we don't like, our first reaction is to try to push them away, without thoroughly examining the source of these circumstances and what we might be able to learn from them. Lama Yeshe will explain how to use these unwanted experiences as a way to deepen our understanding of ourselves and our choices. Free. Contact Pat at 678-7549; aaktc@yahoo.com or annarborktc.org.

Aryadeva's 400 Stanzas on the Middle Way with Geshe Yeshe Thabkhe • Call for times • Third century Mahayana Master Aryadeva composed 400 stanzas on the Middle Way, a fundamental work on Mahayana philosophy that illuminates how to rely on positive actions, overcome disturbing emotions and understand the nature of ultimate reality. Course Onsite and Online via Webinar. Registrants are provided a webpage link hosting video recordings of the sessions for on-demand viewing. $150-$200. Contact Jewel Heart at 994-3387; programs@jewelheart.org or jewelheart.org.

Zen Mind Study Group with Taikodo Marta Dabis • Sundays, Sept. 10, Oct. 8, Nov. 12, Dec. 10, 1:30 p.m. • *Zen Mind -- Beginner's Mind* a collection of teachings by Shrunyu Suzuki, the Japanese founder of the San Francisco Zen Center is the subject of our study group. We meet on the second Sunday afternoon of the month. Handouts will be available - informal lunch and zazen offered prior to the study group. Free. Contact Marta at (248) 202-3102; jissojizen@gmail.com or jissojizen.org.

Interconnected Weekend Seminar with Lama Tsultrim Gyaltsen • Saturday-Sunday, Sept. 23-24, 10 a.m.-12 p.m. and 2-4 p.m. • Lama Tsultrim will further the exploration of the book interconnected by The Karmapa, Ogyen Trinley Dorje with talks and meditation exercises to explore our experience of our connections to others and the earth by gaining emotional awareness. Suggested $40 donation/day. Contact Pat at 678-7549; aaktc@yahoo.com or annarborktc.org.

Loving Kindness and Compassion: Start with Yourself with Lama Tsultrim Yeshe • Saturday-Sunday, Sept. 30, Oct. 1, 10 a.m.-12 p.m., 2-4 p.m. • We often find it easier to be loving and compassionate towards others than to extend the same consideration toward ourselves. Our negative feelings towards ourselves are often deep-rooted. In this seminar, Lama Yeshe will help participants examine the roots of these feelings and learn a variety of meditative techniques for addressing and transforming them. Suggested $40 donation/day. Contact Pat at 678-7549; aaktc@yahoo.com or annarborktc.org.

The Art of Living with Jewel Heart • Wednesdays, Oct. 4, 11, 18, 25, Nov. 1, 8, 15, 22, 7-8:30 p.m. • We long for meaning, for an effective way to bring insight and heart to the ordinary circumstances and inevitable challenges of our daily lives. On the basis of Gelek Rimpoche's book, *Good Life Good Death*, this course will explore pragmatic methods to bring depth, meaning, and joy to our lives. $80. Members free. Contact Jewel Heart at 994-3387; annarborregistration@jewelheart.org.

> *"All that is necessary to awaken to yourself as the radiant emptiness of spirit is to stop seeking something more or better or different, and to turn your attention inward to the awake silence that you are."*
>
> — Adyashanti

GOM Meditation Instruction with Jewel Heart • Saturday, Oct. 14, 9 a.m.-8:30 p.m. • GOM, or concentrated meditation, is an essential tool that helps develop peace and joy as well as the power to deeply understand wisdom. This meditation weekend intensive, offered according to the Tibetan Buddhist tradition, will include practice sessions with light guidance. Silence will be maintained between sessions. Practice sessions will include sitting and walking meditations. Instructors will be available for your assistance. Free. Donations welcome. Contact Jewel Heart at 994-3387; annarborregistration@jewelheart.org.

Year-End Service: Kindling Light of Wisdom-Mind • Sunday, Dec. 31, 8-10 p.m. • Occasion to take stock of one's life and to greet the New Year in contemplation and reflection. Everyone is welcome to come share this beautiful candle-lighting service. $10 donation. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

New Year's Day Service • Monday, January 1, 11:30 a.m. • Special New Year's Day Service at the Temple. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

Sundays with Gelek Rimpoche • Sundays, 11 a.m.-12 p.m. • Recorded talks by Gelek Rimpoche are shown weekly at Jewel Heart, and they are available as video webcasts. Followed by coffee, snacks, and conversation! Open to all. Free. Contact Jewel Heart at 994-3387; programs@jewelheart.org or jewelheart.org.

White Tara Meditation Sessions at Jewel Heart • Sundays, 9:45 – 10:45 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. Join us for a guided meditation using visualization techniques to overcome physical, mental and emotional suffering. Free. Contact Jewel Heart at 994-3387; programs@jewelheart.org or jewelheart.org.

Sunday Services With Zen Buddhist Temple • Sundays, 10-11:30 a.m. or 4-5:30 p.m. • The morning meditation service consists of two periods of meditation followed by chanting and a talk. The afternoon dharma service has two shorter periods for sitting meditation, sometimes a walking meditation, reflection, chanting, and a short talk. Donations accepted. Contact 761-6520; annarbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Ceremonies, Celebrations, and Rituals

New Moon-Rosh Chodesh-Women's Circle with Lucinda Kurtz • Wednesday, Sept. 13, Tuesday, Oct. 24, Monday, Nov. 20, Thursday, Dec. 14 • Join us for this monthly circle. Though Jewish in origin, this ritual is accessible to those of all faiths. Using movement, guided meditations, connection to nature, chanting, and other energetic practices, we explore the energies of each new month through a mystical Kabbalistic perspective. Free. Contact Lucinda at 635-9441; lucindakurtz@comcast.com or lucindakurtz.com.

Autumnal Equinox Celebration with the Michigan Friends Center • Friday, Sept. 22 • We will celebrate the balance of day and night with a potluck dinner followed by a bonfire around which to share thoughts, poems, stories, songs, and knowledge. All ages welcome. Bring food to share and your own place settings, along with a story or other thought for the evening. Free. Contact the Michigan Friends Center at 475-1892; manager@mfcenter or mfcenter.org.

Autumn Equinox with Gatherers: Carol Coston, Esther Kennedy, and Cathy Johnson • Sunday, Sept. 24, 3-4:30 • Time to celebrate the harvest! At the time of the Equinox, we enjoy equal hours of day and night. Together we enter into the season of thanksgiving. Gather with family and friends! Children are welcome. Registration requested. Free-will offering. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

Celebrating 50 Years of Struggles: A Hispanic Heritage Event with Baldemar Velasquez • Thursday, Sept. 28, 7-8:30 p.m. • Come here the story of the Farm Labor Organizing Committee. Hear first hand the story of how migrant farm workers gained a voice and participation in collective bargaining. Free. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

Menopause and Our Unlimited Fertility with Debbie Mast • Friday-Sunday, Oct. 20-22 • Women are the greatest resource for change and healing on our planet. Explore ways to navigate the physical changes of menopause and awaken your spiritual power through sharing, teachings, and ceremony. $350. Contact (586) 306-6075; ftreelodge@aol.com.

All Soul's Day/Day of the Dead Interfaith Gathering with Jeanne Mackey • Sunday, Oct. 29, 6-8:30 p.m. • Annual interfaith gathering to remember and honor those who have passed. Vegetarian stew and tea provided. Bring photos, mementos, and a dish to pass if you'd like. All are welcome. $5 suggested donation. Contact 546-0243; jmackey50@gmail.com or umich.edu/~mackeyj.

Winter Solstice with Esther Kennedy • Sunday, Dec. 17, 3-4:30 p.m. • Watching and waiting are the ritual activities of the Winter Season. Encircling one another in the magic of fire, we will know again the warmth and love of our God. The light of peace born from winter darkness and silence will shine forth. Children are welcome. Registration requested. Free-will offering. Contact Weber Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

2017 Winter Solstice Sing - A Reflection of the Season in Sound and Silence with the Michigan Friends Center • Thursday, Dec. 21, 7-9 p.m. • We sit quietly in a circle and teach each other rounds, songs, and chants of the season as they occur to us. You don't need to be a singer, some just enjoy humming or listening. However, most young children do not enjoy this event, since it does not involve any other activity other than sitting and singing. Free. Contact Michigan Friends Center at 475-1892; manager@mfcenter.org or mfcenter.org.

Christmas Satsanga and Meditation with the Self Realization Meditation Healing Centre • Monday, Dec. 25, 10 a.m. • We warmly welcome everyone, of all faiths, to join us on Christmas morning for our Meditation Gathering. Sharing in song-chants, inspired thoughts, and Mata Yogananda Mahasaya Dharma's Christmas Message and Blessing, followed by meditation and prayer. Free. Contact Self Realization Meditation Healing Centre at (517) 641-6201; info@SelfRealizationCentreMichigan.org or SelfRealization-CentreMichigan.org.

12 Days of Christmas with Song of the Morning • Dec. 25 - Jan. 5. • Holiday celebration retreat in Northern Michigan lasting from Christmas Day to Yogananda's birthday, Jan. 5. Retreat begins with a Christmas Day Service and dinner followed by eleven days of meditation, hatha yoga, and peaceful surroundings. Come for one day or all twelve! Free plus lodging. Contact Jennifer at (989) 983-4107; programs@songofthemorning.org or songofthemorning.org.

Sunday Service at Interfaith Center for Spiritual Growth • Sundays, 10:45 a.m.-12:30 p.m. • The Interfaith Center for Spiritual Growth is a gathering of spiritual seekers that meets in its own beautiful building every Sunday to celebrate oneness with all beings, experience the power of group meditation, benefit from enlightening readers, enjoy guest musicians, and listen to talks that inspire and stimulate spiritual growth and understanding. There is a children's spiritual education program during the service each week and a monthly potluck following the service on the first Sunday of the month. Free. Contact Lauren at 327-0270; lauren.tatarsky@interfaithspirit.org or interfaithspirit.org.

Channeling

Evenings with Aaron channeled by Barbara Brodsky • Wednesdays, Sept. 20, Oct. 11, Nov. 8, Dec. 20, 7-9 p.m. • Open session with Aaron and Barbara Brodsky. Aaron gives a talk followed by a Q&A session. Talk will cover a variety of spiritual practices including Vipassana and Pure Awareness Meditation, working with inner guidance, and supporting changes in our physical/spiritual bodies through work with body energy, the elements, sound, and Open Heart. Donation. Contact Tana at 477-5848; om@deepspring.org or deepspring.org.

The Gathering with Karlta Zarley • Third Tuesdays, 7-8:30 • Come join us as we hear about the state of the world from a higher perspective and learn how to manage in it more easily. Often there is an opportunity to ask Spirit your questions, or there are personal messages for the participants. Suggested offering: $10. Contact Eden at 904-0076; kzarley88@gmail.com or karltazarley.com.

Chanting

First Wednesday Ann Arbor Kirtan at Kashi Nivas • Sept. 6, Oct. 4, Nov. 1, Dec. 6, 7-9 p.m. • Informal evening of yogic and Sanskrit chanting. Kirtan is a participatory call and response, cross-cultural music experience that incorporates the audience into the performance. Free. Donations welcome. Contact Kashi Nivas at 883-6947; kashi@kashinivas.org or kirtanannarbor.org.

Monthly Ann Arbor Kirtan at Friends Meeting House • Sept. 8, Oct. 13, Nov. 10, 7:30-9:30 p.m. • Informal evening of yogic and Sanskrit chanting. Kirtan is a participatory call and response, cross-cultural music experience that incorporates the audience into the performance. Free. Donations welcome. Contact Kashi Nivas at 883-6947; kashi@kashinivas.org or kirtanannarbor.org.

Chant Circle with Linda Greene • Sundays, Oct 29, Nov 19, Dec 10, 10:45 a.m.–12:30 p.m. • Create connection to loving spirit within and beyond through the vibration of your voice. Through repetitive chant and the deep silence afterward we are comforted, grow and heal. Based on the work of Rabbi Shefa Gold. No knowledge of Hebrew or music required. Donation. Contact Linda at 678-2360; lingreene@gmail.com.

12th Annual Holiday Kirtan at Friends Meeting House • Saturday, Dec. 9, 6:30-9:30 p.m. • Please join us in celebrating the past year of Kirtan gatherings and usher in the holiday season with the time-honored tradition of Kirtan. Event will begin with a social hour where we ask the community to bring a healthy snack or dessert to share. Free. Donations welcome. Contact Kashi Nivas at 883-6947; kashi@kashinivas.org or kirtanannarbor.org.

Guru Gita at Kashi Nivas • Saturdays, 10 a.m.-11 a.m. • Devotional chant from the Skanda Purana on the esoteric significance of the guru and the guru-disciple relationship. Guests are invited to bring a photo of their guru to place on the altar. Chanting books are provided. Free. Donations welcome. Contact Kashi Nivas at 883-6947; atmaram@kashinivas.org or kashinivas.org.

On September 1, 2017, the Crazy Wisdom Calendar will be available on our website: www.crazywisdomjournal.com.

explore THE DIAMOND APPROACH®

an embodied spiritual practice developed by A. H. Almaas

Fall Book Study Group

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- Gain an excellent introduction to the Diamond Approach, working through the book *The Diamond Heart, Volume One*, by A.H. Almaas

For more information, contact diamondworkmichigan@gmail.com

Presenter: Lou Weir, ordained Diamond Approach teacher

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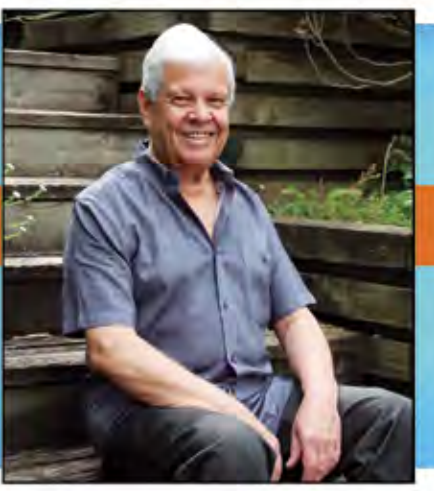

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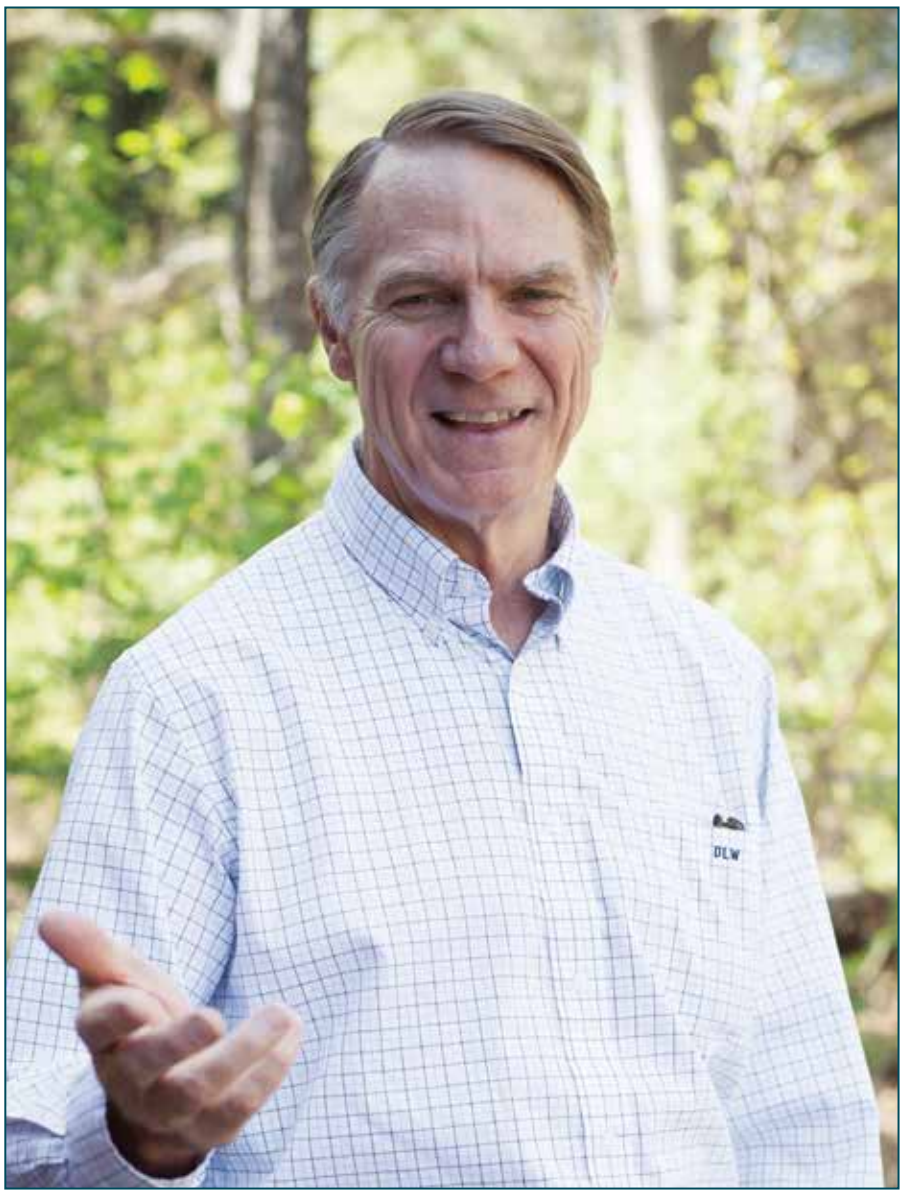
The Diamond Approach:
A Path of Embodied Understanding

By Lou Weir



Imagine a spiritual path which embraces the truth of our interconnectedness with the ground of being, whether it is called God, Tao, the Buddha realm, or the logos. Then imagine a spiritual path that looks at your day-by-day events, mental thought objects, reactions, and expansions to see how they relate to the depth. Then imagine an organized method of looking at these daily events, thoughts, and reactions that allows you to see the truth of these events. Then you would be imagining a path like the Diamond Approach, developed by A. H. Almaas over 40 years ago.

The Diamond Approach is a path of wisdom, an approach to the investigation of Reality, and a method of working on oneself that leads to increased understanding, spiritual maturity, and liberation. It is a contemporary spiritual teaching drawing on both modern psychology and traditional wisdom teachings.

This work is intended for those living in the world, supporting self-realization without needing to leave one's life activities. It welcomes us as we are and guides us toward taking the next steps in actualizing our potential for more aliveness, intimacy, clarity, depth, and engagement with our lives.

Accurate and deep teachings are not hard to find in today's world. A careful search of the Internet could yield talks and writings in all the traditions which are deep and true.

But even with that knowledge available, most people either can't hear or assimilate the teachings in a useful way. They listen to a good teacher with a good teaching, but it doesn't penetrate their lives. Something more is needed — embodied understanding and application.

Psychology agrees with the wisdom traditions in a very important and basic way — we do not have our ego self when we are born. So how is it constructed? Object relations psychologists and depth psychologists have a very detailed understanding of the stages of development of our separate self.

The Diamond Approach is a path of wisdom, an approach to the investigation of Reality, and a method of working on oneself that leads to increased understanding, spiritual maturity, and liberation. It is a contemporary spiritual teaching drawing on both modern psychology and traditional wisdom teachings.

It is a truism that one of the most persistent barriers to experiencing one's self in the complete openness of our true nature in total freedom is our constructed self.

In the Diamond Approach, we have studied this knowledge, and we use it to inform our own inquiries into the truth of our nature. The Diamond Approach uses meditation and a unique kind of inquiry to develop greater understanding. It is usually done in group format. With a partner and a sincere desire for the truth, a person will look at an issue both historically and in the moment.

We spend as much time exploring the barriers as we do exploring the expanded states of stillness, peace, and pure awareness, for example. All of it is included and, especially at the beginning, the barriers are often most prominent.

Someone might come to practice because she sees patterns of behavior that are not fulfilling and undermine her in her job or relationships. You could say to this person *You need to stop identifying with this small deficient place. It is not really you anyway.*

If a person could do this, then she wouldn't need to have a practice. But typically, she can't and we can't. These patterns of behavior have many supports from our historical upbringing. So, this person will have been in an early holding environment that did not support her true nature completely; we all were.

There may have been a way that her basic worth was not valued or seen. Maybe she was only valued as she performed some function in the world. Perhaps her father told her this either in words or actions.

And she tried hard to please, sometimes being successful. But it left her with a basic feeling that she was not valued unless someone was praising her result. It left a feeling of dependency on the outside world for her value and a sense of deficiency underneath.

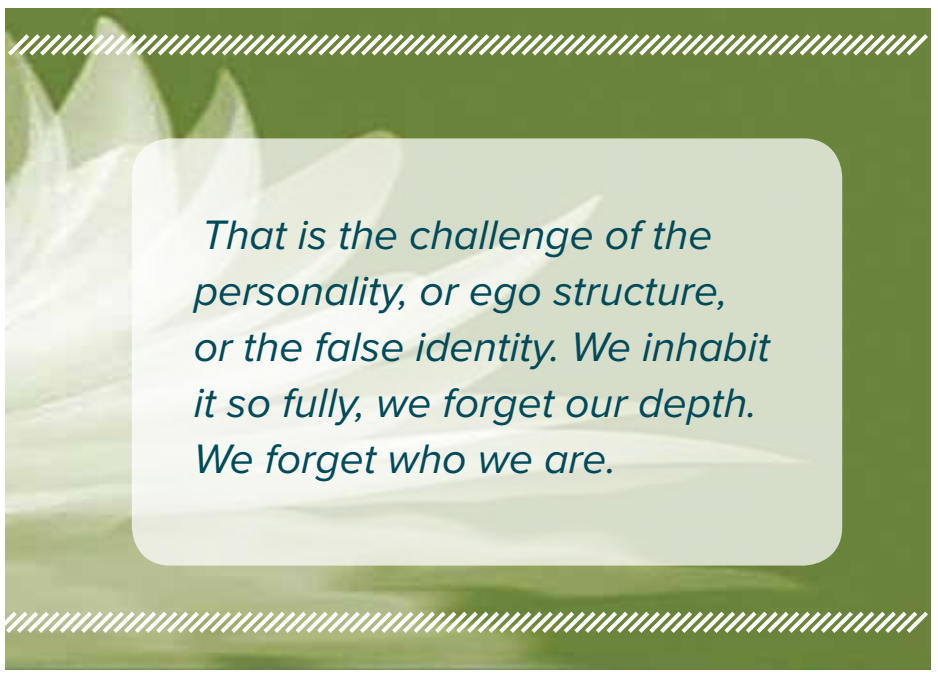
Our inquiry practice focuses our attention on different places where we are disconnected. When we genuinely experience our anger, for example, and also metabolize the psychodynamically "stuck" places (often trauma in our history), our strength naturally arises, and it has a firmness combined with sensitivity and appropriateness.

Accurate and deep teachings are not hard to find in today's world. But even with that knowledge available, most people either can't hear or assimilate the teachings in a useful way. They listen to a good teacher with a good teaching, but it doesn't penetrate their lives. Something more is needed — embodied understanding and application.

This example is not an isolated instance. It is almost universal. So, instead of saying *Stop identifying with that little deficient girl*, we say: *Let's look at that, how did it get formed, what is it made up of? How did it make you feel when you were with your father? Is there anger, sadness, something else? What is it related to? How was that for you?*

Bringing presence to these undigested places allows us to bring our current wisdom to them. As they get digested, the truth of our being starts so show through. In this case, we see the truth of our own value. It is ours, without qualification. We see how we do not have to earn our value and that even in difficult circumstances we are not disconnected from it. And it is not dependent on outside circumstances. For this practice to have meaning, it must be felt in an embodied way and understood.

The above example is regarding value, one of our essential qualities. Our map includes many places where the personality "covers" up our essence: anger over strength and aliveness, willfulness over true will, hatred over peace and power, to name just a few.


That is the challenge of the personality, or ego structure, or the false identity. We inhabit it so fully, we forget our depth. We forget who we are.

As these are brought to awareness, more is learned — connections to self and one's history — often seeing the long-held contractions of the ego, and experiencing them in the moment. As these contractions are seen through and understood, they tend to thin out or fall away.

Our ego is always attempting to shore itself up with various defenses and identifications. Some are "positive" (like — I am a smart person) and many are "negative" (like — I am not worthy, as in the above example, or, I am not strong enough). The map of the Diamond Approach shows the usual patterns that we are defended or identified.

Many people come to spiritual work because something in their lives is not working. Maybe they have difficult relationships which repeat. Maybe they have problems with jobs and co-workers, or feel a lack of fulfillment in some way.

So, as you look at the big questions such as *What is the base cause of suffering? Who are we at our depth? What is our relationship to the ground of being in the universe?*, the issues of our daily lives tend to be mixed with those issues — maybe our lack of confidence in our lives, perhaps relationship issues, maybe ways that we experience difficult emotions over and over.

Our practice deals with the big questions but also the more mundane life issues which are intertwined. Without looking at our anger, for example, we are not going to be able to fully feel our love. Without looking at our hatred, we can't experience our peace.

Our practice is to start from where the student is in the moment, and, with careful inquiry, let the truth eventually unfold. The doorway to the universal is begun with the personal.

Many times our parents don't recognize our true nature, or sometimes are even challenged by it. A father might be upset by the unabandoned joy expressed by a small child. Because of our love for our parents, we start to give up on parts of ourselves. It starts to shape us in a certain way.

A small boy has an artistic, quiet introspective nature but is in a family that honors athletic achievement. He is torn between his own natural inclinations and the love of his family. So he leans in the direction of being more gregarious and active, which may not be his nature.

As in that example, we learn how to suppress parts of ourselves. It may help us to get along with society, but it's really also about becoming something that we are not. There is something false created that takes the place of the true.

Many times our parents don't recognize our true nature, or sometimes are even challenged by it. A father might be upset by the unabandoned joy expressed by a small child. Because of our love for our parents, we start to give up on parts of ourselves. It starts to shape us in a certain way.

We begin to create an identity, a way to be different than we would naturally. There is a gap between our nature and our expressed identity. In order to become that identity, we had to begin to disconnect from ourselves.

And then we start to cut off awareness of these parts of ourselves. We become so well-molded that not only do we not feel them, but we forget them and take ourselves to be the created identity.

That is the challenge of the personality, or ego structure, or the false identity. We inhabit it so fully, we forget our depth. We forget who we are.

So one purpose of this path is to learn about this false identity, remember the true and connect more to the truth of our nature. It addresses this extraordinary dilemma — disconnection.

Our inquiry practice focuses our attention on different places where we are disconnected. When we genuinely experience our anger, for example, and also metabolize the psychodynamically "stuck" places (often trauma in our history), our strength naturally arises, and it has a firmness combined with sensitivity and appropriateness.

The doorway to the universal is begun with the personal.

Practicing with a group over many years allows one to see many of the corners of our false self, which brings our history and our unconscious supports to light. As these are metabolized, the true qualities of our nature, love, intelligence, peace, compassion, and many other undefiled qualities of our spiritual nature show through more and more. As we are more guided by our essence, we are more able to connect with the beauty and mystery of life.

The Diamond Approach takes us from wherever we are to what is underneath that and, eventually, to what is more fundamental. We are peeling back that onion to find the potential of the beings that we are, and that potential is unlimited. It's not the same for everyone; it's unique and personal. We are unique expressions of that reality, and it is a precious gift to find out more about it.

Lou Weir is an ordained Diamond Approach teacher. He is also a founding teacher of Insight Meditation Ann Arbor. He believes that being present with all our impulses (both good and bad) with loving support, allows us to understand and find our way home to our deepest nature. For more information, contact Lou at diamondworkmichigan@gmail.com.

The Crazy Wisdom Calendar

Childbirth

Ready for Birth Condensed Class with the Center for the Childbearing Year • Saturday, Sept. 9, 9:30 a.m.-4:30 p.m., Thursdays, Oct. 19-Nov. 2, 6:30-9 p.m., Saturday, Dec. 2, 9:30 a.m.-4:30 p.m. • Increase your confidence as you learn natural approaches to pain management, support techniques, comfort measures, and tips for soothing your recovery and adjustment in the early weeks postpartum. $175/couple. Contact 663-1523, patty@center4cby.com or center4cby.com.

Top Seven Questions about Becoming a Doula - Monthly Teleseminar with Patty Brennan • Mondays, Sept. 11, Oct. 2, Nov. 6, Dec. 4, 8-9 p.m. • Interactive teleseminar designed to explore whether becoming a doula is right for you. Free. Preregistration required. Contact Patty at 663-1523; patty@center4cby.com or center4cby.com.

Ready for Birth with the Center for the Childbearing Year • Wednesdays, Sept. 13-Oct. 18 and Nov. 1-Dec. 13, except Nov. 22, 6:30-9 p.m. • Navigate your birth journey with confidence! Learn natural approaches to pain management, support techniques, comfort measures, and more. Choose from a comprehensive six-week series or our condensed classes. Online classes available, too. $275/couple. Contact Patty at 663-1523; patty@center4cby.com or center4cby.com.

Meet the Doulas with Toni Auker • Mondays, Sept. 18, Nov. 13, 7-8:30 p.m. • Have you been considering hiring a doula? Center for the Childbearing Year hosts a bimonthly Meet the Doulas opportunity. We begin with a short presentation on the role of the doula, followed by informal mingling so that you can meet and chat with several doulas. Contact 663-1523; aukertoni@gmail.com or center4cby.com.

DONA Birth Doula Workshop with Patty Brennan • Friday, Saturday, Sunday, Sept. 22-24; Nov. 10-12 • Become a professional birth doula at Michigan's premier doula training center. Learn from doula business expert, Patty Brennan. You do not need to be a mother yourself, or have a medical background to become a doula. This training is hands-on, skill based, and fulfills two certification requirements for birth doulas through DONA International. $535, $485 early registration. Contact Patty at 663-1523; patty@center4cby.com or center4cby.com.

Breastfeeding Basics for Doulas with Barbara Robertson • Thursdays, Sept. 21, Nov. 9, 6-9:15 p.m. • Learn the very latest in evidence-based breastfeeding support from an expert. This class will enhance the doula's ability to assist breastfeeding mothers immediately post-birth and in the early days postpartum. Fulfills a DONA International certification requirement for doulas. $80, $65/early registration. Contact Patty at 663-1523; patty@center4cby.com or center4cby.com.

DONA Postpartum Doula Workshop with Patty Brennan • Thursday-Sunday, Oct. 12-15 • This course prepares you to provide excellent in-home care to families in the postpartum period. We will focus on breastfeeding support, baby wearing basics, support strategies for depressed moms, holistic healing measures, working with families with multiples and more. Fulfills two certification requirements for postpartum doulas through DONA International. $595, $535 early registration. Contact Patty at 663-1523; patty@center4cby.com or center4cby.com.

Doula Share Circle with Toni Auker • Monday, Oct. 16, 7-9 p.m. • Safe space for doulas to come together, learn, and share. The first hour will be devoted to interactive learning on a designated topic, while the second will be for open sharing. You do not have to have trained at the center to attend. Client and doula confidentiality will be carefully respected. Contact Patty at 663-1523; patty@center4cby.com or center4cby.com.

Trauma and the Birth Professional Workshop with Sierra Hillebrand • Saturday, Oct. 21, 8:30 a.m.-5 p.m. • Interactive workshop provides an opportunity to learn skills and perspectives that will allow birth workers to more effectively work with traumatized clients, while also caring for themselves when trauma presents. Topics include self-care strategies to minimize feelings of powerlessness and being overwhelmed; understanding the neurobiology of trauma; specific skills for working with different types of traumatic experiences; and identification of appropriate resources when client needs are beyond your scope. Approved for 7.0 DONA continuing education contact hours. $175, $150 by Sept. 21. Contact Patty at 663-1523; patty@center4cby.com or center4cby.com.

Breastfeeding Basics and Caring for Your Newborn with the Center for the Childbearing Year • Saturdays, Nov. 4, Dec. 16, 9:30 a.m.-4:30 p.m. • Take the full day workshop or only come to one session of your choice. Learn techniques for breastfeeding or caring for your newborn. $100/couple for full day, $60/half day. Contact Patty at 663-1523; patty@center4cby.com or center4cby.com.

Children and Young Adults

Complete listings for children and young adults are found in the Events Calendar for Kids section on page 77. This section is devoted to events for children and young adults along with their families.

Tea with the Fairies at Crazy Wisdom • Thursday, Sept. 21, 1 p.m. and 4 p.m. • Join the fairies of the Crazy Wisdom Tearoom for a magical tea party! Enjoy special treats in your favorite fairy attire, and then gather for story time and a surprise activity in our community room. No charge for children under 18 months. $11. Contact Jessica at jessicameyer@crazywisdom.net.

Consciousness Expansion

Michigan Psychedelic Society Meetings • Third Saturdays at Crazy Wisdom • Please join us for a varied discussion about psychedelics. Free. Donation requested. Contact Julie at 985-0606; info@transpersonalhealingmi.com or facebook.com/michiganpsychedelicsociety.

A Course in Miracles

***A Course in Miracles* Reading Group with Rev. David Bell • Mondays, 6:45-8:45 p.m. •** Facilitated group reading of the spiritual text *A Course in Miracles* at the Interfaith Center. Donations accepted. Contact 327-0270; dave@interfaithspirit.org or interfaithspirit.org.

***A Course in Miracles* Study Group with Lorri Coburn • Thursdays, 12-1:30 p.m. •** All are welcome to study the non-dualistic interpretation of *A Course in Miracles.* Free. Contact 646-6585; lori.coburn@gmail.com or lorricoburn.com.

Crystals

Crystals Rock! With Crystal Moon • Saturday, Nov. 4, 10 a.m.-12:30 p.m. • Crystals possess spiritual, metaphysical, and healing properties which can benefit us in many ways. Enhance your well being and personal space by bringing crystal energy into your life. Content includes meditation, amulets, grids, elixirs, and how to care for your crystals. $56/Canton-Plymouth residents. $66 non-resident. Contact Heidi at 788-6478; heidi@crystalmoonparanormal.com or crystalmoonparanormal.com.

Death and Dying

Death Café with Merilynne Rush and Diana Cramer • Third Saturdays, Sept. 16, Oct. 21, Nov. 18, Dec. 16, 10:30 a.m.-12:30 p.m. in the Crazy Wisdom Tea Room • Eat cake, drink tea, and talk about death. This event has no agenda and participants guide the conversation. This is not a grief support group, but a way to further the cultural conversation about the one thing everyone has in common. Free. Contact Merilynne at 395-9660; mrush@lifespandoulas.com or lifespandoulas.com.

Life After Loss, Grief Recovery Group with Kathryn Raths • Thursdays, beginning Thursday, Sept. 14, noon-1 p.m. • Grief support and encouragement for adults suffering the loss of a loved one. $40/session, billable to insurance. Contact Still Waters Counseling 944-3446; contact@still-waters-counseling.com or still-waters-counseling.com.

Advance Care Planning Facilitator Training with Merilynne Rush • Tuesday, Oct. 17, 8:30 a.m.-5 p.m. • Learn how to assist healthy adults to identify a healthcare advocate, discuss their values and wishes, and fully complete the advance healthcare planning process. $185 includes certification and online training. Contact Merilynne at 395-9660; mrush@afterdeathhomecare.com or lifespandoulas.com/advance-care-planning.

End-of-Life Doula Training with Merilynne Rush and Patty Brennan • Friday, Saturday, and Sunday, Oct. 27-29, 8:30 a.m.-5 p.m. • End-of-Life Doulas accompany the dying person and their loved ones through the final months, weeks, and days of life by providing support, resources, education, and friendship for those who accept and embrace dying as a period of life, not just an abrupt ending. $535; $485 before Sept. 27. Contact Merilynne at 395-9660; mrush@afterdeathhomecare.com or lifespandoulas.com

Home Funeral and Green Burial Workshop with Merilynne Rush • Saturday, Nov. 18, 8:30 a.m.-5 p.m. • Home funeral and green burial represent a return to natural, simple, economical, and environmentally friendly methods of honoring and caring for our dead. Participants will learn how to care for and lay out the body at home. We will discuss legal issues, working with a funeral director, creating a funeral ceremony or ritual, what green burial is and where it is available, and how to form a circle of support. $150. Contact Merilynne at 395-9660; mrush@afterdeathhomecare.com or lifespandoulas.com/home-funeral-green-burial-workshop.

Drumming

Drummunity Circle with Lori Fithian • Sept. 26, Oct. 18, Nov. 15, Dec. 20; 7 p.m. in the Crazy Wisdom Community Room • Get your hands on a drum and add your sounds and spirit to the community groove. All are welcome to join the circle. No experience necessary. Drums available. Free. Contact 426-7818; lorifithian@mac.com or drummunity.com.

Drum and Dance Jam with the Interfaith Center for Spiritual Growth • First Saturdays, 7:30-9 p.m. • Facilitated community drum circle; bring your own drum or use one of ours. $5 suggested donation. Contact Curtis at tesolcurtis@yahoo.com or interfaithspirit.org.

It is not the answer that enlightens,
but the question.

— Decouvertes

Energy Healing

Drop-in Energy Work with Simran Harvey • First and Third Sundays, 12-3 p.m. at Crazy Wisdom • Simran offers a clearing energy called the Advanced Pulse Technique that balances aspects of the mind, body, or emotions as old issues dissolve and happiness, comfort, abundance, and freedom emerge. Surrogate work available for young children or incapacitated adults. $1.50/minute. No appointment necessary. Contact Simran at 255-9533; astroenergywork@gmail.com.

Healing Touch - Energetic Patterns Level Two with Barb McConnell • Saturday and Sunday, Sept. 16-17, 8:30 a.m.-6 p.m. • Need to have completed level 1. Review first course techniques and learn about Back Techniques and Spiral. Emphasis on developing healing sequence for special needs. $290 (new workbook $40). Contact Barb at (517) 914-4133; barbmcconnell7@gmail.com.

Healing Touch - Level Five with Barb McConnell • Thursday-Sunday, Oct. 19-22 • Case Management and Professional Practice Course of Healing Touch Certificate Program. Completes certificate program of Healing Touch Practitioner and prepares the practitioner for National Certification as a Certified Healing Touch Practitioner. $450 plus workbook if needed. Contact Barb at (517) 914-4133; barbmcconnell7@gmail.com.

School of Inner Cultivation and Healing with Master Sang Kim • Thursdays, 10:30 a.m.-12:30 p.m.; Fridays, 3:15-5:30 p.m. • The SUN SHEN Internal Cultivation and Healing System is an intimate, hands-on integrated approach which incorporates spiritual counseling, tai-chi, energy cultivation, and healing to resolve physical, emotional, and spiritual problems for oneself and others. $300/month. Contact Alexis at 845-9786; pastorneuhaus@sunshen.org or sunshen.org.

Chi Clinic with Samo Joanna Myers and Pastor Alexis Neuhaus • Monday-Friday, 2-3 p.m. • The Chi Clinic supports individuals in person or remotely, five times a week for an hour a day, to help them feel centered, rested, focused, and energized. $100/month. Contact Alexis at 845-9786; pastorneuhaus@sunshen.org or sunshen.org.

Enneagram

Nines: Waking up to Yourself with Su Hansen • Tuesday, Oct. 10, 7-9 p.m. • Type nines forget themselves, which can be comfortable and appear to lead to more harmony, but the world needs nines to show up as themselves and they need it as well. Meet with other nines and learn about what gets in the way of self awareness and how you can be more in touch with your inner being. $30. Contact Su at 417-8397; su@suhansen.com or suhansen.com.

Touching the Divine with Su Hansen • Tuesday, Nov. 14, 7-9 p.m. • All nine types have an innate understanding of a particular aspect of the Divine and yet they so often feel disconnected and out of touch with it. In this workshop, we will explore all of these aspects, how they fit together into the Whole, and how we can best stay in touch with and act out of our Divine understanding. $30. Contact Su at 417-8397; su@suhansen.com or suhansen.com.

Fours: Flourishing in Equanimity with Su Hansen • Tuesday, Sept. 17, 7-9 p.m. • Equanimity is the virtue of the four and yet it can seem either unattainable or uninteresting. Meet other fours to learn the value of equanimity, what it can look like in your life, and ways of opening to it. $30. Contact Su at 417-8397; su@suhansen.com or suhansen.com.

Exercise and Fitness

Robin Run 2017: Nature Trail 5k and Celebration with Robin Hills Farm • Saturday, Sept. 23, 9 a.m.-12 p.m. • Third annual 5k challenge traverses the nature trails of Robin Hill Farm with many obstacles. For children under 12-years old, there will be a similar 1k course set-up. There is also a Kid Zone sprint course. Each participant will receive a t-shirt, fandana, medal, and temporary tattoos. Races will start with the kids' 1k. 5k challenge will begin with heats starting every fifteen minutes. $35 in advance, $40 at the door, $20 for Kid's Race. Contact Jeremy at 355-3401; events@robinhillsfarm.com or robinhillsfarm.com.

Fitness and Wellness Via Horsepower at Heritage Hill Haven with Kathleen Hinderer • Ongoing by appointment • Discover the healing power of horses. Agility, balance, coordination, and core strength will be emphasized through mounted activities to promote fitness and wellness. Stress reduction and relaxation strategies will also be incorporated. Sessions are customized for each person's age and abilities and those with challenging health problems are welcome. Prices vary. Contact 662-9500; haveninfo@heritagehillhaven.org or heritagehillhaven.org.

Festivals and Fairs

5th Annual Fall Holistic Psychic Expo with Intuitives Interactive • Saturday, Oct. 14, 10 a.m.-6 p.m., Sunday, Oct. 15, 11 a.m.-5 p.m. • Come enjoy a weekend of fun and excitement with over 100 onsite vendors of metaphysical products and services. See readers, mediums, medical intuitives, aura photography, energy work, jewelry, and more. Free presentations included with admission. Sponsored by Crazy Wisdom Bookstore and Body Mind Spirit Guide. $10 daily, $15 weekend pass, $8 college students, $5 12-17 year olds. Contact Amy at 358-0218; intuitivesinteractive@hotmail.com or holisticpsychicexpo.com.

INTUITIVE - TAROT - PALMISTRY - ASTROLOGY

No appointment needed; Readings $1.50 per minute

Monthly Schedule

Tarot Readings with Kathy Bloch.
1st and 3rd Tuesdays, 5:30-8:30 p.m.
734.663.0435

Tarot/Psychic Readings with Rebecca Williams
Thursdays, 6-9 p.m.
rebeccawilliams999@comcast.net

Tarot Readings with Gail Embery
1st and 3rd Fridays, 6:30-9:30 p.m.
1st and 3rd Sundays from 3-6 p.m.
ReadingswithGail.com - 313.655.7694

Intuitive Readings with Marg Heeney
1st and 3rd Saturdays, Noon to 3 p.m.
(September and October Only)
615-415-0652 - margheeney@gmail.com.

Palmistry Readings with Vijayalaxmi Shinde
1st and 3rd Saturdays, 3-6 p.m.
and 2nd and 4th Sundays, 3-6 p.m.
vijaya_laxmi@comcast.net - 734.961.8052
www.positivepalmistry.com

Astrology Readings with Alia Wesala
2nd and 4th Saturdays, 3-6 p.m.
astrolibration@gmail.com - 734.719.0782

Astrology and Energy Work with Simran Harvey
1st and 3rd Sundays, 12-3 p.m.
734-255-9533; AstroEnergyWork@gmail.com

114 S. Main St, Ann Arbor - 734.665.2757

The Crazy Wisdom Calendar

Festivals and Fairs (cont.)

6th Annual Taste of Health with Grass Lake Sanctuary • Saturday, Sept. 16, 11 a.m.-4:30 p.m. • Enjoy tasty, healthy, gourmet recipes, relax in nature, and explore your relationship with food through talks and demonstrations. There will be raffles for healthy gift baskets, body care, and other treats. All proceeds benefit Grass Lake Sanctuary. $25 before Aug. 31. $35 after. Contact Robin Brophy at robin.brophy@ymail.com or tasteofhealthgls.org.

Fine Art Exhibition and Sale • Saturday, Oct. 28, 10 a.m.-6 p.m. and Sunday, Oct. 29, 12-6 p.m. • Special show by artists Lynlee Sky, Sophie Grillet, Jimmy Neal, Jan Wilkiemeyer and more! All welcome. Free parking. Contact 757-3717; 834-6658; sophieartist.com.

Film

Free Films and Discussion at Jewel Heart • Fridays, Sept. 29, Oct. 27, Nov. 17, Dec. 29, 7-9 p.m. • Enjoy a film followed by discussion about dharma and film. Free. Concessions available. Contact Jewel Heart at 994-3387; annarbor@jewelheart.org or jewelheart.org.

Sept. 29 • ***Kindness is Contagious (2014)*** **•** Inspiring documentary about the powerful viral effect of simple kindness. Intersecting the practical with the theoretical, the documentary explores the impact and infectiousness of human kindness and compassion.

Oct. 27 • ***Meditate and Destroy (2007)*** **•** Documentary about punk rock, spirituality, and inner rebellion. A tale of a young man with a conflicted mind that led him down a self-destructive path and how Buddhism helped him get a grip. Hope for those who've embarked upon a difficult path.

Nov. 17 • ***Joe (1970)*** **•** Some people shouldn't try to cross paths; unfortunately, they do. This film allows us to see how important it is to guard one's mind, and when not guarded, how easy it is to be manipulated to do things one would not normally do.

Dec. 29 • ***KOYAANISQATSI: Life out of Balance (1982)*** **•** This movie contrasts the tranquil beauty of nature with the frenzied hum of contemporary urban society. The visual tone poem contains neither dialogue nor a vocalized narration: its tone is set by the juxtaposition of images and music.

Film Series: Climate Change: Issues and Responses with Michigan Friends Center • Thursdays, Sept. 7, 14, 21, 28, Oct. 5,12, 7-9 p.m. • Six-week film series highlighting some of the major contributing factors to global warming and examines actual ways that people may address them as challenges to overcome. Short presentations and/or group discussions included. Donations welcome. Contact Michigan Friends Center at 475-1892; manager@mfcenter.org or mfcenter.org.

Fundraisers

Friends of the Ann Arbor District Library September Sale • Sept. 23, 10 a.m-4 p.m.; Sept. 24, 1-4 p.m. • Special back-to-school and welcome back sale. Includes higher priced, nicer books. An array of books for children and teachers. Free to browse, books priced as marked. Contact Melanie at 302-7774; melaniebaldwin89@gmail.com or faadl.org.

"Walk to Feed the Hungry" • Saturday, Sept. 30, 9:30 a.m.-1 p.m. • Walk at the Kensington Metropark brings people together to help people around the world escape from chronic hunger and malnutrition. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

Annual Compassionate Feast with the Humane Society of Huron Valley • Friday, Oct. 20, 6:30 p.m. • Enjoy cocktails, a multiple course vegetarian or vegan feast, and an evening of fun emceed by Treetown Sound's own Matthew Altruda. Your ticket price goes to help the homeless and abused animals in our community. Eat, drink, and help the animals on Sweetest Day weekend! $150 (all but $30 tax-deductible). Contact Joy at 661-3536; joyj@hshv.org or hshv.org/feast.

Barn Party for ALS with Ann Arbor Active Against ALS • Friday, Oct. 20, 6-10 p.m. • Square dancing, shutterbooth, food, beer, and wine, along with a silent auction and kid's raffle. Help raise money for ALS. Contact Anne at annegilbert@comcast.net or activeagainstals.org/barnparty.

Friends of the Ann Arbor District Library Holiday Sale • Dec. 2, 10 a.m-4 p.m.; Dec. 3, 1-4 p.m. • Annual holiday sale including gift-quality books and media. Free to browse, books priced as marked. Contact Melanie at 302-7774; melaniebaldwin89@gmail.com or faadl.org.

Healing

D.O.V.E (Divine Original Vibration Embodiment) Workshop with Karen Greenberg • Fridays, Sept. 8, 15, 22; or Oct. 6, 20, 27; or Nov. 3, 10, 17; or Dec. 1, 8, 15. • Learn to identify and repattern your client's limiting beliefs, thoughts, and attitudes. Assist your client in expressing any commensurate low-vibrational emotions using multiple methods. If Fridays do not work for you, special arrangements can be made. $777 + materials per three-day session. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

> *"When we raise ourselves through meditation to what unites us with the spirit, we quicken something within us that is eternal and unlimited by birth and death. Once we have experienced this eternal part in us, we can no longer doubt its existence. Meditation is thus the way to knowing and beholding the eternal, indestructible, essential centre of our being."*
>
> —Rudolf Steiner

Etheric Body Class with Karlta Zarley • Saturday, Oct. 28, 1-5 p.m. • When we grieve, are sick, stressed, or traumatized, our etheric body tries to accommodate and adapt, but this can cause various types of injuries, foreign objects, and other "dings". Join other experienced healers to learn how to perceive, release, and repair these issues. Wear comfortable clothes and bring a snack and a water bottle. Limit of six participants. $80 due by Oct. 21. Contact Karlta at 834-1566; kzarley88@gmail.com or karltazarley.com.

Advanced Healing Techniques for Experienced Healers with Karlta Zarley • Saturday, Nov. 4, 9 a.m.-6 p.m. • Are you ready to take your energy healing work to the next level? This is the third part of a three-part series where we will explore identifying and removing cords and attachments, vowlocks, booby-traps, and curses. We will also work with transitioning the physical body to the Light Body, as well as approaches to support your higher level practice. Please bring a lunch. $125 due by Oct. 27. Contact Karlta at 834-1566; kzarley88@gmail.com or karltazarley.com.

Drop-in Healing Night with Enlightened Soul Center • First Mondays, 7-9 p.m. • Practitioners of bodywork, energy work, medical intuition, and other alternative healing modalities are welcome to offer their services while those seeking healing are invited to drop in. The goal of this evening is to help people feel better affordably and allow healers to practice their talents. Suggested donation $10. Contact Amy at 358-0218; amy@enlightenedsoulcenter.com or enlightenedsoulcenter.com.

The Weekly Word for Healing and Ascension Blog with Eve Wilson • Fridays • Sign up to receive practical and spiritual support for riding the waves of change on Earth. These weekly blog posts include the latest information about current changes and and tools for responding effectively and finding increased ease and joy in life. Free. Contact 780-7635; evew@spiritualhealers.com or spiritual healers.com.

Holistic Health

Herbal Options for Pain with a Special Focus on Headaches with Linda Diane Feldt • Tuesday, Sept. 19, 7-8:30 p.m. in the Crazy Wisdom Community Room • We'll examine the reasonable limitations of herbology and pain, other options, combining herbs with pain meds, bodywork options, and more. Free. Contact Linda at 994-9174; ldf@lindadianefeldt.com or lindadianefeldt.com.

Herbs and Inflammation with a special emphasis on Arthritis with Linda Diane Feldt • Tuesday, Oct. 17, 7-8:30 p.m. in the Crazy Wisdom Community Room • The word is out that inflammation affects nearly all aspects of our health and well being. What are herbs that can help? What do you need to stay away from? How can herbs help with arthritis, and why it matters what kind of arthritis. A great introduction to the topic as well as possible new information for those who have been working to lower inflammation. Free. Contact Linda at 994-9174; ldf@lindadianefeldt.com or lindadianefeldt.com.

Herbal Support for the GI System with Linda Diane Feldt • Tuesday, Nov. 21, 7-8:30 in the Crazy Wisdom Community Room • There are traditional herbs that can make things far worse, and other herbs that can nourish and support the GI system. Come and learn some new ideas, explore old myths, and leave with ideas to have a healthier gut. Free. Contact Linda at 994-9174; ldf@lindadianefeldt.com or lindadianefeldt.com.

Natural Allergy Relief with Thrive Wellness Center • Wednesday, Sept. 6, 7 p.m. • Seasonal allergies can be improved with proper nutrition and supplements. Come find natural ways to help your allergies. Free. Contact Jessica at 470-6766; jessica@thrive-wellness-center.com or thrive-wellness-center.com.

Introduction to Pal Dan Gum Qigong with Dr. Antonio Sieira • Wednesdays, Sept. 13, Oct. 11, Nov. 8, Dec. 13, 6-8 p.m. • Used for millennia to promote radiant health, the eight Silken Movements are easy to learn. Experience meditation through movement in a mindful and graceful way. Release stress and reenergize. $40/session. Repeat/$20. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Sleep Better Naturally with Kristin Clore • Wednesday, Sept. 13, 7 p.m. • Learn which foods promote sleep and disrupt sleep, and which supplements and oils promote sleep. Free. Contact Sydney at 302-7575; events@thenhcaa.com or thenhcaa.com.

Taking Vital Signs: for Natural Healers with Robin May • Friday-Saturday, Sept. 15-16 • Teaching traditional naturopaths, holistic practitioners, and other basic medical intake staff skills such as taking vital signs, blood pressure reading, listening to the colon, spine, heart, and lungs with a stethoscope and being able to interpret the data, particularly through Naturopathic Medicine paradigms of applications. $105. Contact the Naturopathic School of the Healing Arts at 769-7794; nshaassociates@gmail.com or naturopathicshoolofannarbor.net.

Healthy Skin and Beauty with Thrive Wellness Center • Monday, Sept. 18, 7 p.m. • Lecture, plus tricks to creating healthy skin, about what toxins may be in your beauty products and how to avoid them. Free. Contact Jessica at 470-6766; jessica@thrive-wellness-center.com or thrive-wellness-center.com.

Detox Your Brain with Darren Schmidt • Thursday, Sept. 21, 7 p.m. • Introducing an advanced detox program to cleanse your body, brain, and central nervous system of toxins. Free. Contact Sydney at 302-7575; events@thenhcaa.com or thenhcaa.com.

Weak Immune System with Darren Schmidt • Thursday, Sept. 28, 7 p.m. • Come to this lecture to find out why your immune system may be weak, what we can do to heal it, and which foods and supplements can aid in the healing. Free. Contact Sydney at 302-7575; events@thenhcaa.com or thenhcaa.com.

Heightening Your Vibration: Alchemy with Karen Greenberg • Sunday, Oct. 1, 12:30-9:30 p.m. • Learn a myriad of tools and techniques to raise your vibration and sustain it. Tools include sacred letters, powerful Archetypes, sacred oils, affirmations, visualization, meditation, personal prayers, gratitude, breathing, drumming, movement, and many more. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Get Your Energy Back with Thrive Wellness Center • Wednesday, Oct. 4, 7 p.m. • Are your fatigued or do you have slumps in your energy levels? Come to this lecture to find out healthy ways to have improved and more stable energy throughout your day. Free. Contact Jessica at 470-6766; jessica@thrive-wellness-center.com or thrive-wellness-center.com.

Heal Your Anxiety with Darren Schmidt • Thursday, Oct. 26, 7 p.m. • Attend this lecture to learn more about the physical aspects of anxiety and receive help. Free. Contact Sydney at 302-7575; events@thenhcaa.com or thenhcaa.com.

Win the Sugar War with Thrive Wellness Center • Wednesday, Oct. 18, Monday, Dec. 18, 7 p.m. • Sugar is bad for us, so why do we love it so much? Come to this lecture to learn how to reduce cravings and win the war on sugar. Free. Contact Jessica at 470-6766; jessica@thrive-wellness-center.com or thrive-wellness-center.com.

What is Muscle Testing with Kerry Cradit • Thursday, Oct. 19, 7 p.m. • Come to this free class to learn about the science behind muscle testing, its rich history, and how it can improve your life. Free. Contact Sydney at 302-7575; events@thenhcaa.com or thenhcaa.com.

Lick the Sugar Habit with Darren Schmidt • Wednesday, Nov. 8, 7 p.m. • One hundred years ago, the average American ate six pounds of sugar per year. Now we eat 210 pounds. Learn what foods contain the most sugar, how sugar is labeled, how it is hidden in products, and what you can do to reduce your overall sugar intake. Free. Contact Sydney at 302-7575; events@thenhcaa.com or thenhcaa.com.

What You Need to Know about Essential Oils with Thrive Wellness Center • Monday, Oct. 30, 7 p.m. • Come to this lecture to learn the basics of how to use essential oils and which ones are best for you. Free. Contact Jessica at 470-6766; jessica@thrive-wellness-center.com or thrive-wellness-center.com.

Super Foods and Your Health with Kristen Clore • Wednesday, Nov. 1, 7 p.m. • Attend this class to learn how super foods can help you heal. Learn what types of foods are healthy and which ones are unhealthy. Free. Contact Sydney at 302-7575; events@thenhcaa.com or thenhcaa.com.

Healthy Holiday Eating with Thrive Wellness Center • Wednesday, Nov. 15, at 7 p.m. • Are you worried about getting through the holidays while maintaining a healthy diet? Come find out some great ideas and tips to get you through without feeling deprived of tasty treats. Free. Contact Jessica at 470-6766; jessica@thrive-wellness-center.com or thrive-wellness-center.com.

Digestion with Thrive Wellness Center • Monday, Nov. 27, 7 p.m. • Do you suffer from digestive issues? There are many factors that can contribute to these symptoms and a lot of confusing information about them. Come learn the basics to getting and keeping your digestion on track. Free. Contact Jessica at 470-6766; jessica@thrive-wellness-center.com or thrive-wellness-center.com.

Medicine Cabinet Makeover with Kerry Cradit • Wednesday, Nov. 30, 7 p.m. • Attend this class to learn which of your supplements may be natural remedies for headaches, congestion, or nausea. Learn to help clear up everyday ailments without running to the pharmacy. Free. Contact Sydney at 302-7575; events@thenhcaa.com or thenhcaa.com.

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Fibromyalgia with Darren Schmidt • Thursday, Nov. 30, 7 p.m. • Come to this lecture to learn the causes, mechanisms, and solutions for Fibromyalgia. Free. Contact Sydney at 302-7575; events@thenhcaa.com or thenhcaa.com.

Autoimmune Disorders - Is There a Solution? with Amanda Childress • Wednesday, Dec. 6, 7 p.m. • Come learn about autoimmune disorders, how they affect diseases, and how to fix them. Free. Contact Sydney at 302-7575; events@thenhcaa.com or thenhcaa.com.

Memory and Brain Health with Thrive Wellness Center • Wednesday, Dec. 6, 7 p.m. • Come learn nutritional tools and tips that will keep your brain healthy. Free. Contact Jessica at 470-6766; jessica@thrive-wellness-center.com or thrive-wellness-center.com.

Don't Let the Holidays Stress You Out with Kristen Clore • Wednesday, Dec. 13, 7 p.m. • Learn how to support yourself and continue reaching your health goals during the cold winter and holiday season. We'll teach you which foods to avoid, tips to help you not over indulge, and healthy alternatives to traditional comfort foods. Free. Contact Sydney at 302-7575; events@thenhcaa.com or thenhcaa.com.

Make Your Pain Disappear with Joel Vickers • Wednesday, Dec. 20, 7 p.m. • Dr. Vickers will discuss the many causes of back pain and the solutions offered through muscle balancing and nutritional therapies to help hold the bones in proper alignment. Free. Contact Sydney at 302-7575; events@thenhcaa.com or thenhcaa.com.

Cannabis Classroom 101 with Bloom City Club • Third Sundays, 6:15-7:15 p.m. • Cannabis Curious? Cannabis is a safe and effective medicine that is becoming widely accepted in medical communities around the world. Each month's event will cover a different topic to explain the benefits of cannabis and dispel the myths that plague its acceptance. Snacks provided. Suggested donation $10-25. Contact Bloom City Club at 585-0621; events.bloomcc@gmail.com or bloomcityclub.com.

Women Grow Networking Event with Bloom City Club • First Thursdays • Women Grow events connect curious newcomers with established cannabis professionals. Each local event offers a supportive networking environment and educational speakers designed to ignite your passion for the cannabis industry. $25-40. Contact Bloom City Club at 585-0621; annarbor@womengrow.com.

Determination is an inside job, but inspiration comes from the outside.

— Barbara Aberc

Hyponotherapy

Self-Hypnosis with Holistic Hypnotics • Saturday, Sept. 30, 10-11:45 a.m. • Introduce positive change in your life through the power of your own subconscious mind. Learn the many benefits that hypnosis can offer. $29, includes CD. Contact Heidi at 788-6478; heidi@holistichypnotics.com or holistichypnotics.com.

Intuitive and Psychic Development

Drop-In Intuitive Readings with Marg Heeney • First and Third Saturdays, Sept. and Oct. only, 12-3 p.m. at Crazy Wisdom • Marg uses various healing methods to assist the individual in removing physical, emotional, and spiritual pain. $1.50/minute. No appointment necessary. Contact 615-0652; margheeney@gmail.com.

Teleconference: Focused Mind Meditation Practice Session with John Friedlander • Sundays, Sept. 3, Oct. 1, Nov. 5, Dec. 3, 10 a.m.-12 p.m. • Each participant will both leap ahead with his/her spiritual abilities and make an excellent start in developing sustained focused attention so valuable in developing both abilities and character. $15. Contact Violeta at 677-2761; mvaviviano@gmail.com or psychicpsychology.org.

The Crazy Wisdom Calendar

Master Sang Kim, Founder

SUN SHEN School of Inner Cultivation offers a system of spiritual development, integrating traditions such as meditation, energy cultivation and healing, martial art training, self-exploration, and philosophical training. For information on programs offered, see **Energy Healing** (page 81) and **Personal Growth** (page 88).

Intuitive and Psychic Development (cont.)

Teleconference: Psychic Psychology Women's Group with John Friedlander • Tuesdays, Sept. 5, Oct. 3, Nov. 7, Dec. 5, 8-9 p.m. • For women only. Meditations concentrating on women's issues relative to biological energies as well as that of the aura. $12.50. Contact Violeta at 677-2761; mvaviviano@gmail.com or psychicpsychology.org.

Clearing the Energy Levels Where Emotions Transition into Physicality with John Friedlander • Wednesdays, Sept. 20, Oct. 18, Nov. 15, Dec. 20, 8-9 p.m. • Meditation exercises releasing/clearing energies in the levels of the aura. $12.50 Contact Violeta at 677-2761; mvaviviano@gmail.com or psychicpsychology.org.

Teleconference: Kundalini Meditation and Clearing with John Friedlander • Tuesdays, Sept. 26, Nov. 21, Dec. 26, 8-9 p.m. • Channeled personal aura clearing and manifestation exercise with Mataji, who will work individually with each participant, using your own kundalini to increase power and clarity. $12.50. Contact Violeta at 677-2761; mvaviviano@gmail.com or psychicpsychology.org.

Psychic Development - Raise Your Vibration with Heidi • Sept. 26 through Oct. 17, 7-8:15 p.m. • Elevate your intuition through hands-on experience using crystals, scrying, dowsing, aromatherapy, and more. This class will raise your vibration and start you off on the path of self-discovery. $80 Plymouth-Canton residents, $90 nonresidents. Contact Heidi at 788-6478; heidi@crystalmoonparanormal.com or crystalmoonparanormal.com.

ESC Psychic Party with Enlightened Soul Center • Saturdays, Sept. 30, Oct. 28, Nov. 18, Dec. 30, 12-5 p.m. • Drop-in and sign-up for readings with any of the six psychic readers. $2/minute for readings. Contact Amy at 358-0218; amy@enlightenedsoulcenter.com or enlightenedsoulcenter.com.

Fall Intensive with John Friedlander • Monday-Sunday, Oct. 23-29 • Deep sustained meditation and training, spending one day on each of the seven major chakras from a clairvoyant technical sophisticated perspective. Prerequisite: Foundations Level One or instructor permission. Price varies. Contact Gloria at hemsherglo1@yahoo.com or psychicdevelopment.cc.

Intuitives Interactive with Amy "Metafizzy" Garber • First and Third Sundays, 2:30-4:30 p.m. • For intuitives, indigos, and anyone wishing to explore metaphysical topics with like-minded individuals. Includes exercises to develop intuition, demonstrations by practitioners, discussion, sharing, and social times. Donations accepted. Contact Amy at 358-0218; intuitivesinteractive@hotmail.com.

Message Circle with Amy "Metafizzy" Garber • Second Mondays, 6:30-8:30 p.m. • Those with prior experience who would like to practice giving psychic/intuitive messages in a safe circle are invited to come and share. Space limited to ten, advance registration encouraged. Donations accepted. Contact Amy at 358-0218; amy@enlightenedsoulcenter.com or enlightenedsoulcenter.com.

Kabbalah

Brand New Kabbalah: Pathworking Class with Karen Greenberg • Tuesdays, Sept. 5, Oct. 3, Nov. 7, Dec. 5, 7-10 p.m. • Authored by Karen Greenberg with Artistic Archetypal Renditions by Ruthie Basham. These powerful archetypes, along with the twenty-two Hebrew letters, connect the ten spheres in the Tree of Life. Integrate these archetypes and letters into the subconscious and be able to access them for all problems. Monthly rates: $137/person general session; $150/person for semi-private session (two people); $120/hour for private session. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Brand New Beginning Kabbalah: Kabbalah Miracles with Karen Greenberg • Evening Course begins Wednesday, Sept. 27, 7-10 p.m.; Daytime Course begins Wednesday, Sept. 27, 10 a.m.-1 p.m. • Three-hour workshop meets once a month for about a year. An ordered, systematic approach to develop and balance all the important areas of life. Turn resistance energy into creative energy. Monthly rates: $137/person general session; $150/person for semi-private session (two people); $120/hour for private session. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Kabbalah and the Tree of Life: The Blueprint of Creation with Lucinda Kurtz • Sunday, Oct. 1, 1:30-3 p.m. • Join us for an introduction to the sacred teachings of Kabbalah. This ancient wisdom tradition is a powerful path to greater self awareness. The Tree of Life represents the blueprint of creation and contains ten attributes of G-d that manifest in our bodies and one Earth. Working with movement, ritual, guided meditation, and more. Free. Contact info@interfaithcenter.org or interfaithcenter.org.

Life Transitions

Discover the Power and Joy in Your Life Transitions with Melanie Fuscaldo • Tuesday, Sept. 5, 12-1:30 p.m. • Discover a process to open your heart and mind to the gifts of transition for self or loved one who is experiencing a transition in health, career, relationship, retirement, or death. $30. Contact Melanie at 668-2733; mfuscaldo@gmail.com.

Adapting to the Changes in Our Lives with Linda S. Bender • Thursdays, Sept. 14, Oct. 19, Nov. 16, Dec. 7, 7 p.m. • As we go through life, we are faced with transitions. Sometimes we get stuck and can't move forward. Linda has a strategy to help you get unstuck. Free. Contact Linda at 395-2285; linda@lindabendertransitions.com or lindabendertransitions.com.

Village Wisdom Portal Storytelling Workshops with Holly Makimaa and Cal Loo • Sundays, Sept. 17, Oct. 22, 1-5 p.m. • We are capturing video snapshots of people's stories of transition, growth, and transcendence as part of the Village Wisdom Portal – an online receptacle of hope and inspiration for people going through transitions. $5 donation. Contact Holly at 757-5700; hollymakimaa@gmail.com or theintentionallivingcollective.org/village-wisdom-portal.html.

Healing Your Life: How Not to Make the Same Mistakes with Toni Kaplan • Monday, Oct. 16, 6:30-8 p.m. • Learn about healing after divorce and finding new healthy relationships. Discover relationship awareness to prevent repeating old patterns that do not serve your highest self. Free. Contact Vicki McLellan at (248) 915-0847; info@womens-divorce.org or womens-divorce.org.

Love and Relationships

Kabbalah for Couples with Karen Greenberg • Begins Sunday, Sept. 17, 8-10 p.m. • Not couples therapy, but for good relationships that both parties are willing to improve. Two-hour sessions, once a month, for about a year to allow couples to get more work done over a shorter amount of time. $205/session if either participant has taken Beginning Kabbalah. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Creating Your Ideal Mate with Karen Greenberg • Sunday, Sept. 24, 1-6 p.m. • Identify your ideal mate's qualities and enhance these with the richness of group input. Learn how to use ceremony, meditation, chants, movement, and more to remove blockages, work through fears and issues, and learn to trust the Divine Order and Timing. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Massage

Basic Massage Strokes for Health with NSHA Core Faculty • Thursday and Friday, Sept. 21, 22, 8:45 a.m.-4 p.m. • Basic massage – Swedish or connective tissue massage – is a global form of natural medicine. Join our students as we learn and then practice in a hands-on setting. 14 CE. Open to all. $160. Contact the Naturopathic School of the Healing Arts at 769-7794; nshaassociates@gmail.com or naturopathicschoolofannarbor.net

Meditation

Wisdom of the Ancient Rishis with Kapila Castoldi • Sunday, Oct. 22, 1-5 p.m. in the Crazy Wisdom Community Room • This class dwells on some of the most famous mantras from the ancient Rishis (sages) of India. It also includes the basics of Hindu philosophy. Free. Contact Kapila at 994-7114; castoldi@oakland.edu or meditationannarbor.com.

Ayurveda and Meditation with Kapila Castoldi • Sunday, Oct. 29, 1-5 p.m. in the Crazy Wisdom Community Room • Like meditation, Ayurveda originates from the ancient Indian philosophy exposed in the Vedas. This class will introduce basic concepts of Ayurveda and cover how to promote a state of good health and achieve a balanced and conscious living. Free. $10 for Ayurveda textbook. Contact Kapila at 994-7114; castoldi@oakland.edu or meditationannarbor.com.

Mastering Meditation with Kapila Castoldi • Mondays, Nov. 5, 12, 19, 3-5 p.m. in the Crazy Wisdom Community Room • This three-week introductory meditation series includes topics such as quieting the mind, meditating on the heart, awakening inner awareness, and exploring a meditative lifestyle. Techniques include concentration, breathing, visualization, and chanting. Free. Contact Kapila at 994-7114; castoldi@oakland.edu or meditationannarbor.com.

Christ-Metta Meditation for All Beings with David Hall • Tuesday, Dec. 19, 7-8:30 p.m. in the Crazy Wisdom Community Room • Metta Bhavana is an ancient loving-kindness practice the Buddha taught. In the season of the holidays, we'll do a special meditation with this particular method for the sake and benefit of all beings. Free. Contact David at 994-9174; innerouterservices@gmail.com.

Holistic Yoga Meditation Retreat with Ema Stefanova • Sept. 1-3, Oct. 13-15, or Nov. 3-5 • For beginners, continuing students, or teachers who would like to experience classical yoga and meditation as a way of life. Lodging, vegetarian meals, and guided group sessions are included in cost. $395 early registration. $425. Contact Ann Arbor Yoga and Meditation at 665-7801; emastefanova@cs.com or yogaandmeditation.com.

Three-Hour Meditations with Song of the Morning Community • Sunday, Sept. 3, Saturday, Oct. 7, Sunday, Nov. 5, Sunday, Dec. 3, 1-4 p.m. • Join on the hour, or stay for all three, for chants and scriptural readings, including Yogananda. Free. $12 if you would like to stay for dinner at 5 p.m. (reservations requested). Contact Justine at (989) 983-4107; programs@songofthemorning.org or songofthemorning.org.

"Life is the art of drawing without an eraser."

— John W. Gardner

Guided Full Moon Meditation • Tuesday, Sept. 5, Thursday, Oct. 5, Saturday, Nov. 4, Sunday, Dec. 3, 9-9:30 p.m. • Stop struggle, let go of thoughts and patterns holding you back, and expand awareness to experience your true self. Perfect for beginners or experienced meditators. Sessions archived if unable to attend. Free. Contact Dave at 416-5200; inspired@ascensionbreathing.com or ascensionbreathing.com.

Being in Tune: Mindfulness Meditation at the Ark with Ann Arbor Center for Mindfulness • Tuesdays, Sept. 5-Dec. 19, 12-12:30 p.m. • Thirty minute meditations. This practice has no religious affiliation. Appropriate for beginners or experienced meditators. Free. Contact Lynn at 332-3365; lynnsipher@gmail.com or aacfm.com.

Open Meditation Saline: Drop-in Meditation with Paulette Grotrian and others • Tuesdays, Sept. 6-Dec. 26, 11 a.m.-12 p.m. • Ongoing drop-in meditation session for beginners or experienced meditators. First meditation is guided, followed by reflection, and the second meditation is silent. Free. Contact Paulette at 276-7707; mindfulnesswithpaulette@gmail.com or mindfulnesswithpaulette.weebly.com.

Share your poetry with the Crazy Wisdom Community!

Do you appreciate the inspiring quotations sprinkled throughout the Calendar? Now we're adding poetry written by our readers. If you enjoy playing with words and transforming them into poems, please submit your work for consideration.

Submission Guidelines:

- **Maximum length:** One page
- **Submission Limit:** One submission per person per edition
- **Restrictions:** Unpublished poems only please
- **Contact Information:** Name, email address, phone number
- **Format:** Electronic files (docx) sent to Julianne at **julianne@crazywisdom.net**
- **Due date:** **November 1, 2017** (for potential inclusion in the winter Calendar)

CRAZY WISDOM
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Friday Refresh with Carryn Lund and Sharon Gold-Steinberg • Fridays, Sept. 8, through Dec. 15, except Nov. 24, 11:10 a.m.-12 p.m. • An opportunity for psychotherapists to engage together in contemplative practices to help recalibrate their nervous systems toward the end of their work week and to build a sense of community. $390/13 classes. First two classes free. Contact Sharon at 996-9065; sgoldsteinberg@gmail.com or partnersinhealingpsychotherapy.com.

Transmission Meditation with Dolores Rubio-Turtle • Fridays, Sept. 8, 29, Oct. 6, 27, Nov. 10, 24, Dec. TBA, 6:30-8:30 p.m. • Transmission is the most recent type of meditation introduced in London in 1974. A means of stepping down high potency energy and heightening one's own spiritual development. Free. Contact Dolores at 233-4632; dolores-rubioturtle@gmail.com or transmissionmeditation.org.

Beginning Meditation for Teens with Lauren Tatarsky • Saturday, Sept. 9, 11 a.m.-12:30 p.m. • Introductory workshop for teens on meditation and mindfulness. Ages 14-19 are welcome to join us as we learn skills of slowing down, integrating self care, and connecting with ourselves. Contact Lauren at 303-875-8290; lauren.tatarsky@interfaithspirit.org or interfaithspirit.org.

Pure Meditation Course including Raja Kriya Yoga with Self Realization Meditation Healing Centre • Sept. 10-16 • This is the ultimate course for the whole being. Please inquire for details of cost including accommodation and all meals; partial bursaries arranged as needed. Contact the Self Realization Centre at (517) 641-6201; info@selfrealization-centremichigan.org or selfrealizationcentremichigan.org.

Jissoji Zen Ann Arbor Meditation with Taikodo Marta Dabis • Sundays, Sept. 10, Oct. 8, Nov. 12, Dec. 10, 11 a.m. • Zazen – zen meditation – followed by fellowship over lunch. Please arrive early. Orientation and introduction to meditation forms available by request. Donations appreciated. Everyone welcome. Contact Marta at (248) 202-3102; jizzojizen@gmail.com or jissojizen.org.

Consciousness Rising Breathwork and Meditation with Dave and Pat Krajovic • Mondays, Sept. 11, Oct. 16, Nov. 6, 13; Wednesday, Oct. 4. (Call for times) • Disintegrate stress, negativity, and limitation as powerful energies of meditation and conscious breathing uplift your spirit, calm your body and mind, and restore balance. Includes invocations, music, guided meditation, affirmations, and hands on facilitation. $29. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Mindfulness Meditation System with Antonio Sieira • Tuesdays, Sept. 12, Nov. 14, 6-8 p.m. • Trademarked system of breathing, balance, flexibility, and mental focus designed to create a mind-body meditative experience. Learn powerful techniques to go deeper faster. Initial instruction, $50; repeat student, $15. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

The Crazy Wisdom Calendar

Meditation (cont.)

Introductory Zen Meditation Course • Five Thursdays, beginning Sept. 14 and Nov. 2, 6:15-8:30 • Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. $160. $120/students. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

Overnight Introductory Meditation Course • Sept. 15-16, Dec. 15-16 • Designed for those who are unable to take the Thursday evening course because of schedule or distance. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. $160. $120/students. Includes accommodation and meals. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

Mindfulness Meditation – Living Consciously with Esther Kennedy • Saturdays, Sept. 16, Oct. 14, Nov. 11, Dec. 9, 10 a.m.-2:30 p.m. • Monthly gathering focusing on different topics each month to deepen community understanding and commitment to daily meditation practice. $35 includes lunch. $10 nonrefundable deposit required with registration. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

Group Singing Bowl Bath with Antonio Sieira • Wednesdays, Sept. 20, Nov. 15, 6-7:30 p.m. • Experience sound and vibrations from 21 bowls to promote health, spiritual well-being, and prevent illness. Free blocked up energy, calm the mind, delight the body and the emotions as you bathe in the rich harmonics of the individual voices of these beautiful bowls. $20. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Mindful Self-Compassion Introductory Session with Paulette Grotrian • Thursday, Sept. 21, 9:30-10:30 a.m. • In this one hour introduction to the Mindful Self-Compassion course, participants will learn how mindfulness and self-compassion combine to help us develop better emotional resilience and respond more skillfully to difficult situations in life. The eight week course begins the following Thursday. Free. Contact Paulette at 276-7707; mindfulnesswithpaulette@gmail.com or mindfulnesswithpaulette.weebly.com.

A Day of Solitude and Meditation Practice led by Carol Blotter • Sunday, Sept. 23, Saturday, Dec. 9, 9 a.m.-4p.m. • Each retreat is an opportunity to enjoy the quiet of the country while practicing sitting and walking meditation. Beginners will have break-out instruction while experienced meditators can be in silence all day or anywhere in between. These retreats are fundraisers for the Michigan Friends Center. Suggested donation $30. Contact Carol at 475-0942; cb.meditate@gmail.com or mfcenter.org.

Mindful Self-Compassion with Paulette Grotrian • Thursdays, Sept. 28-Nov. 16, 9:30 a.m.-12 p.m. • In this eight week Mindful Self-Compassion course, participants will learn how mindfulness and self-compassion combine to help us develop better emotional resilience and to respond more skillfully to difficult moments with understanding and self-care. $400. $200/repeating participants. Contact Paulette at 276-7707; mindfulnesswithpaulette@gmail.com or mindfulnesswithpaulette.weebly.com.

Mindfulness-Based Stress Reduction Course with Paulette Grotrian • Fridays, Sept. 29-Nov. 17, 9:30-11:30 a.m. • Participants will learn how mindfulness helps us reduce stress and chronic pain to sleep better, improve health, and cope with life's difficult situations. $400. $200/repeat participants. Contact Paulette at 276-7707; mindfulnesswithpaulette@gmail.com or mindfulnesswithpaulette.weebly.com.

Candlelight Labyrinth with Ringstar Studio • Saturdays, Sept. 23, Dec. 9, 6-11 p.m. • Enjoy a soothing walk through a maze of candles. Entry permitted until 10:30 p.m. Free. Contact Diane at diane@a2ringstar.com or a2ringstar.com.

Creating Space with Jewel Heart • Mondays, Oct. 2, 9, 16, 23, 30, Nov. 6, 13, 20, 7-8:30 p.m. • This course offers hands-on experience with the basic elements of meditation using breath, posture, and the techniques for coping with distractions and laxity of the mind. $80. Members free. Contact Jewel Heart at 994-3387; annarborregitration@jewelheart.org.

Beginners Meditation Class with Judy Bonini and Carol Quigley • Oct. 5, 12, 19, 6:30-8 p.m. • Join us for meditation to reduce stress, improve mental and physical health, heighten awareness, and foster a spirit of gratitude. $40. Contact Cristy at 240-5494; riverhouse@ihmsisters.org or ihmsisters.org.

Myriad of Meditations with Karen Greenberg • Sunday, Oct. 15, 10 a.m.-10 p.m. • Learn a myriad of meditation techniques and discover which ones resonate with you. $125. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Peace Generator Silent Meditation and Prayer with Craig Harvey • Fridays, Oct. 20, Nov. 17, Dec. 15, 7-9 p.m. and 24-hour Generator, Friday-Saturday, Sept. 15-16 • All invited to join a silent meditation on world peace and individual peace. Contact Craig at 971-8576; info@interfaithspirit.org or peacegenerator.org.

One-Day Zen Meditation Retreat • Saturday, Oct. 21, Nov. 18, 9 a.m.-5 p.m. • Sitting meditation, walking meditation, simple manual work, a delicious vegetarian lunch, and rest - an interval of deepening, slowing down, silence, and mindfulness. $60 includes lunch. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

Connecting with Various G-D Names/Aspects: Heavenly Travel with Karen Greenberg • Sunday, Oct. 22, 1-8 p.m. • Learn to travel safely to the planets associated with the Ten Sephirot (Spheres) in the Tree of Life. Become more deeply connected with ten different aspects of G-D and learn how to connect to the different energies of each aspect. $125. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Cognitively-Based Compassion Training (CBCT) Foundation Course with Geshe Lobsang Tenzin Negi • Friday-Sunday, Nov. 3-5, 9:30 a.m.-5:30 p.m. • Through progressive exercises, one gains insight into how one's attitudes and behaviors support or hinder compassionate response. CBCT intensifies the desire to help others, allowing compassion to become more natural and spontaneous. Contact for price. Contact Jewel Heart at 994-3387; programs@jewelheart.org or jewelheart.org.

Peace on Earth Holiday Meditation with Ascension Breathing • Sunday, Dec. 3, 10:30 a.m.-12 p.m. • Open your heart, come into a state of Gratitude, connect to Source, and let the truth of who you are and all that is fill your awareness into a blissful state of being. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Pure Meditation Foundation Class with Self Realization Meditation Healing Centre • Friday, Nov. 17, Saturday, Dec. 9, 3 p.m.; Dec. 30, 10 a.m. • Conquer stress, improve concentration, and find inner peace. Includes a book and a follow-up appointment. $60. Bursary may be available. Contact the Self Realization Centre at (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

New Year's Eve Peace Meditation with Antonio Sieira • Dec. 31, 12-1:30 p.m. • Start the New Year with a renewed sense of peace within. This meditation extends to all beings throughout the Universe with wishes for wellness, good success, health, prosperity, and sustained peace. All are welcome! $20. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Learn to meditate with Nirmala Nancy Hanke • Second Saturdays, 4-6:30 p.m. • Participants will learn how all meditations are good and thoughts are an essential part of the process. Talk followed by 20-minute meditation experience with a mantra. Vegan snacks after meditation. Register one week in advance. $35 ($25/students; $15/repeaters). Contact Prachi at 471-5804; eprachi17@gmail.com or lighthousecenterinc.org.

Meditation in the Garden with Carole Caplan • Fridays, 10-11 a.m.; Sundays, 8-9 a.m. • Come nurture inner peace and happiness at The Farm on Jennings. Includes meditation instruction, practice, and gentle stretching. $10. Contact 847-822-9693; carolecaplan@livebychoice.com or livebychoice.com.

Being in Tune: Mindfulness Meditation at The Ark with Ann Arbor Center for Mindfulness • Tuesdays, 12-12:30 p.m. • This weekly mindfulness meditation gathering has no religious affiliation, and instruction is provided by experienced mindfulness meditation teachers. No experience necessary. Free. Contact Lynn 332-3365; lynnsipher@gmail.com or aacfm.com.

Drop-In Meditation with Atmaram Chaitanya • Tuesdays, 7:30-9:30 p.m. • Meditators from all backgrounds can share in the collective synergy of group meditation at Kashi Nivas. The evening begins with chanting and meditation, followed by group contemplation, and concludes with refreshments and social time. Free. Contact Kashi at 883-6947; atmaram@kashinivas.org or kashinivas.org.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section that follows the Calendar, which is called "Background Information" and which starts on page 101.

Meditation Service with Jewel Heart • Sundays, 8:30-9:30 a.m. • Facilitators provide basic guidance in concentrated meditation. Participants will use the breath as a point of focus. Open to all levels of experience. Free. Contact 994-3387; programs@jewelheart.org or jewelheart.org.

Siddha Yoga Satsang: Chanting and Meditation with Siddha Yoga Meditation Center in Ann Arbor • Thursdays, 7-8:30 p.m. • Please join us for an evening including a reading, video, or audio teaching. Then we chant and meditate. All are warmly invited. Free. Contact Dunrie at 276-0318; symcannarbor@gmail.com or symcannarbor.org.

Ann Arbor Open Meditation with Libby Robinson and others • Thursdays, 7:30-8:30 p.m. • Drop-in secular mindfulness meditation session suitable for those with and without meditation experience. Format is two twenty-minute sittings, the first guided and the second silent; some discussion and Q&A in between. No registration required. Donation requested. Contact Libby at 476-3070; libbyrobinson7@gmail.com or aaopenmeditation.com.

Open Mindfulness Meditation Practice with Antonio Sieira • Tuesdays, Thursdays, 6-7:30 p.m. • Calm your mind and come into peace. Includes mindfulness, Tibetan singing bowls, Metta meditation, discussion of philosophy, science, and spiritual basis of meditation. $15/class or six/$60. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Drop-in Meditation at Kashi Nivas • Tuesdays, 7:30-9:30 p.m. • Meditators from all backgrounds can share in the collective synergy of group meditation. Begins with chanting and a 20-minute silent meditation, followed by group discussion or contemplation. Concludes with refreshments and social time. Free. Donations welcome. Contact Kashi Nivas at 883-6947; atmaram@kashinivas.org or kashinivas.org.

Movement and Dance

Dances of Universal Peace with Judy Lee Trautman and Drake Meadow • Fridays, Sept. 1, Oct. 6, Nov. 3, Dec. 1, 7-9 p.m. • Originating in the 60s in San Francisco by Sufi teacher Samuel Lewis to celebrate the world's religions through simple folk dance steps. The dances, a form of moving meditation, require no partner or experience and meet at the Friends on Hill Street. $5 donation. Contact Judy at (419) 475-6535; jltrautman@sbcglobal.net or peacedance.multifaithjourneys.org.

Blue Moon Dance and Music with People Dancing Company • Sunday, Oct. 22 • Join us for a sensory-friendly concert event. All of the music includes piano or keyboard, so the event is named "Around the World in Eighty-Eight Keys". $15/adults, $10/students, $8/children under 16. Contact Christina at 216-1375; peopledancing@icloud.com or peopledancing.org.

Dance your Soul with Lauren Tatarsky • Saturday, Oct. 28, 11 a.m.-12:30 p.m. • This free-form dance class is a form of movement meditation loosely based on the Five Rhythms. Gently guided and deeply invigorating, this workshop will invite you into the movement of your body and soul. No experience required. Suggested donation $10-15. Contact Lauren at 303-875-8290; lauren.tatarsky@interfaithspirit.org or interfaithspirit.org.

Talk to yourself in two languages — what do I need and what do I love — in order to balance the body and the soul.

— John W. Gardner

Dances for Toddlers, Boys, Girls, Teens, Adults, and Seniors with Arts in Motion Dance Studio • Classes offered weekdays, evenings, Saturdays. • All classes designed to encourage kids and adults to be happy and healthy. We also offer adaptive classes for differently abled students. $14-$19/class. First class free. Contact Amanda at 222-6246; info@artsinmotion.net or artsinmotion.net.

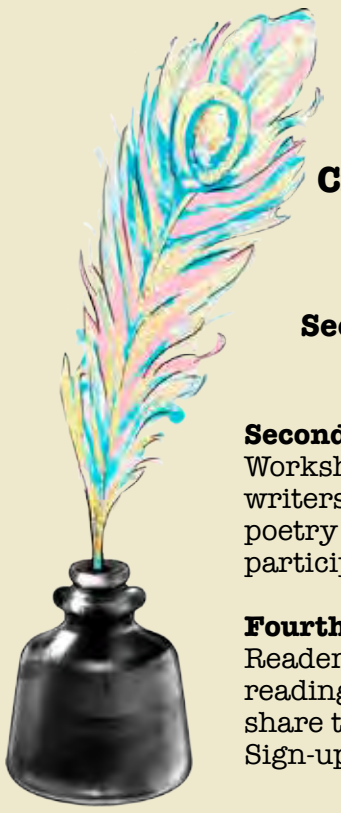
Music, Sound, & Voice

Candlelight Meditation Concert of Sacred Chants with Norma Gentile • Sunday, Dec. 3, 4-6 p.m. • Sacred Chant written a thousand years ago by St. Hildegard blends with healing songs drawn through Norma from Spirit and her Hathor guide. Tibetan Bowls and other musicians will join Norma in this candlelight evening. Suggested donation $15. Contact Norma at 330-3997; office@healingchants.com or healingchants.com.

Evening of Music, Dance, Poetry, StoryTelling, and more! Third Annual Benefit for the Interfaith Center for Spiritual Growth • Saturday, Dec, 9, 8 p.m. • Featuring: Barbershop quartet, Algorithm; musician, Alaura Massaro; musician, Craig Brann; poet, Jeanne Adwani; multi-instrumentalist, Laurel Emrys; poet/storyteller, Jill Halpern; dancer, Irena Nagler, composer/percussionist, Curtis Glatter; and many more! Chocolate treats of all kinds and a 50/50 raffle. $20 suggested donation. Contact Alaura at quietbravery@lauramassaro.com or interfaithcenter.org.

Naturopathy

Naturopathic Physical Medicine: Reflexology with NSHA Staff • Friday, Saturday, Sept. 8, 9, 8:45 a.m.-4 p.m. • Reflexology taught with new approaches to palpation, communication, assessment, and treatment in a hands-on experiential manner to convey to the participant a skill for life. 14 CE credits for massage therapists and other healthcare professionals. $150. Contact NSHA staff at 769-7794; nshaassociates@gmail.com or naturopathicschoolofannarbor.net.



Crazy Wisdom Poetry Series

Crazy Wisdom Tea Room hosted by Joe Kelty and Ed Morin

Second and Fourth Wednesday of each month, 7-9 p.m.

Second Wednesdays, 7-9 p.m.: Poetry Workshop at Crazy Wisdom Tearoom. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for 1 hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m.

Crazy Wisdom Poetry Series Featured Readers

Sept. 27 - Kathleen McGookey has had poems in *Crazyhorse*, *Denver Quarterly*, *Ploughshares*, *Prairie Schooner*, and *Quarterly West*. Her book of prose poems, *Heart in a Jar*, appeared from White Pine Press this spring. She has two other books of poems, two chapbooks, and has translated a book of French poet Georges Godeau's prose poems.

AND

Sept. 27 - Gregory Loselle has published four poetry chapbooks, the most recently being *About the House*. He won the Hopwood, Frost and Dove awards for his poetry, and a fiction prize from *Saturday Evening Post*. His poems have appeared in *Alehouse*, *Comstock Review*, *Rattle*, and *Peninsula Poets*. He teaches secondary English locally.

Oct. 25 - Diane DeCillis owned an award-winning art gallery near Detroit. Her first poetry collection, *Strings Attached*, was honored as a Michigan Notable Book for 2015, and won The Next Generation Indie Book Award for poetry. Her poems have appeared in *Minnesota Review*, Nimrod, and *Connecticut Review*. Lebanese culture and magic realism inform her work.

Nov. 29 - Zilka Joseph teaches creative writing. Her chapbooks *Lands I Live In* and *What Dread* were nominated for a PEN America and a Pushcart award, respectively. Her poems have appeared in *Poetry*, *Kenyon Review Online*, and *The MacGuffin*. Wayne State University Press recently published her book of poems, *Sharp Blue Search of Flame*.

CRAZY WISDOM POETRY CIRCLE

The Poetry Series is open to all.
There is never a charge.

Crazy Wisdom Bookstore
114 S. Main St., Ann Arbor
734.665.2757 crazywisdom.net
cwpoetrycircle.tumblr.com

Fairy Teas
at Crazy Wisdom
Shel Silverstein
Runny Babbit Returns
September 21st, 1 pm and 4 pm seatings
(Tickets go on sale 8-21-17)
The September Fairy Tea will be a special event to celebrate Shel Silverstein's never-before-published Billy Sook (Silly Book) Runny Babbit Returns
Children attending the teas will be able to purchase the book at 30% off
January 18th, 2018 1 pm and 4 pm seatings
(Tickets go on sale 12-18-17)
Children and their families are welcome for a magical time with our fairies, including story time and a special activity.
Fairy attire is encouraged. Be creative!
Tickets are $11/person
(free for babies 18 months and younger).
Tickets available online at crazywisdom.net
or on the Kiosks at Crazy Wisdom prior to the event.
For more information, contact Jessica at fairytea@crazywisdom.net
114 S. Main St., Ann Arbor • 734.665.2757

The Crazy Wisdom Calendar

Nutrition & Food Medicine

Art of Improving Your Vision Naturally with Chef John Rasmussen and Robert Lewanski • Wednesday, Oct. 4, 6-8:30 p.m. at Crazy Wisdom • Presentation by Robert Lewanski, co-author of *Perfect Eyesight: The Art of Improving Vision Naturally* and Chef John Rasmussen about his experience with foods for eye health. Free. Contact John at 635-1598; john@1love-1world.org or 1love-1world.org.

Enzyme Nutrition to Restore Health and Energy with John Rasmussen • Wednesday, Nov. 1, 7-8:30 p.m. at Crazy Wisdom • Discussion about enzymes and how they affect your health. Based on research by Edward Howell. Free. Contact John at 635-1598; john@1love-1world.org or 1love-1world.org.

Pagan Spirituality

Witches' Night Out • Second Tuesdays, Sept. 12, Oct. 10, Nov. 14, Dec. 12, 6:30-8:30 p.m. in the Crazy Wisdom Tea Room • These gatherings involve drinking Witch Brew tea and networking with like-minded others. No cover. $3.50 for a pot of tea with free refills. For more information call 665-2757; info@crazywisdom.net or crazywisdom.net.

Full Moon Ritual with the Moonfire Coven • Every Full Moon Saturday 7 p.m. • Monthly Full Moon Wiccan Ritual. This is a public open ritual. The ritual includes a circle casting, quarter calls and an invocation of the Luna Goddess... The Priestess will then raise power with the attendees and use this power to charge a personal item each attendee is invited to place in a box on the altar. The ritual is free and open to all that enter in perfect love and perfect trust. No experience of wicca is necessary to attend. Contact (269) 621 2221; facebook.com/ArtesAndCraft/ or artesandcraft.com.

Yule Ball 2017 Winter Wonderland • Fri.-Sat., Dec. 8-9 • Time to dig out your dancing shoes. There will be classes, vendors, music, an open ritual Yule Blessing, Raffle, and of course, lots of merriment. $25-$60. Contact mmpagans.org/index.php/events/yule-ball.

On September 1, 2017, the Crazy Wisdom Calendar will be available on our website: www.crazywisdomjournal.com.

Paranormal

Spirit Photography Then & Now with Crystal Moon Paranormal • Saturday, Oct. 12, 7-8:30 p.m. • An accomplished paranormal investigator will compare historical beginnings to present-day methods and share her private collection of authentic spirit photos. Join us in deliberating hoaxes, orbs, auras, and more. $15/Plymouth/Canton resident; $25 nonresident. Contact Heidi at 788-6478; heidi@crystalmoonparanormal.com or crystalmoonparanormal.com.

Ghost Hunting with Crystal Moon Paranormal • Thursday, Oct. 26, 6:30-8:30 p.m. • Get a realistic view of what ghost hunting is all about from a real-life investigator. Content includes the most common types of hauntings and causes, basic equipment, cell phone apps, orbs, haunted MI locations, and how to get started. Bring your own pictures to share! $17/Plymouth/Canton resident; $27 nonresident. Contact Heidi at 788-6478; heidi@crystalmoonparanormal.com or crystalmoonparanormal.com.

Palmistry

Drop-in Palmistry/Tarot Readings with Vijayalaxmi Shinde • First and Third Saturdays, 3-6 p.m.; Second and Fourth Sundays, 3-6 p.m. at Crazy Wisdom • Using palmistry, numerology, and the art of Tarot cards divination, learn the subconsciously hidden answers to important concerns in life to guide towards positive energy, joy, peace, abundance, and health. $1.50/minute. No appointment necessary. Contact 961-8052; vijaya_laxmi@comcast.net or positivepalmistry.com.

Parenting

Healthy Family Habits: Mindfulness for Everyone with Grace Helms Kotre • Saturday, Oct. 14, 1-2:30 p.m. • In this family-oriented workshop, parents and children learn simple mindfulness skills that can easily be integrated into a busy family routine. Best suited for kids ages 4-12 with at least one parent or caregiver. Contact Grace at 255-0090; grace@mindfulpowertobe.com or mindfulpowertobe.com.

Breastfeeding Basics and Caring for Your Newborn with the Center for the Childbearing Year • Saturdays, Nov. 4, Dec. 16, 9:30 a.m.-4:30 p.m. • Take the full day workshop or only come to one session of your choice. Learn techniques for breast-feeding or caring for your newborn. $100/couple/the full day, $60/half day. Contact Patty at 663-1523; patty@center4cby.com or center4cby.com.

Kabbalah for Indigos with Karen Greenberg • Begins Wednesday, Nov. 20, 6:30-8:30 p.m. • Utilizing multi-sensory input and experimental learning, we build self-esteem of awake and spiritually evolved teenagers and young adults. We aid in integrating organizational skills, in navigating through low-vibrational emotions, and in discovering their genius. $50/two-hour class. Meets once a month for about a year. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Hand in Hand Parenting Starter Class with Catherine Fischer • Sundays, Sept. 17, 24, Oct. 1, 8, 15, 22, 1:30-3:30 p.m. • Six-week course to help you reduce stress and better understand how children's emotions work. Learn new ways to respond to outbursts, set boundaries, and connect with your kids. Fee includes manual, "Listening to Children" booklets, and personalized mentoring. $210/person, $335/couple. Contact Catherine at 395-5244; catherine@supportforgrowingfamilies.com or supportforgrowingfamilies.com.

Understanding Tears and Tantrums with Catherine Fischer • Sundays, Nov. 5, 12, 19, 1:30-3:30 p.m. • Intended for parents or caregivers of children ages 0-6, this three-week course helps parents deal with tantrums. We look at the causes of tantrums and learn about tools to help you through them. Classes are interactive and limited to seven participants. $105/person, $175/couple. Contact Catherine at 395-5244; catherine@supportforgrowingfamilies.com or supportforgrowingfamilies.com.

Personal Growth

Cluttered Lives, Empty Souls: Understanding and Treating Hoarding Disorder with Terrence Shulman • Thursday, Sept. 7, 7-9 p.m. at Crazy Wisdom • Do you own your stuff, or does it own you? Is this interfering with your life? Come to Crazy Wisdom to gather advice and help on moving through your struggles. Free. Donations welcome. Contact Terrence at (248) 358-8508; terrenceshulman@theshulmancenter.com or hoardingtherapy.com.

Heart of Permaculture and Personal Growth with David Hall • Sept. 12, 7-8:30 p.m. in the Crazy Wisdom Community Room • New or old to permaculture come to explore how to connect the principles in permaculture in one's own heart path. Join us in discussion about how to live in a more harmonious way with nature and ourselves. Free. Contact David at 994-9174; outreach@peoplesfood.coop or peoplesfood.coop.

Building Resilient Communities, Inner and Outer with David Hall • Tuesday, Oct. 10, 7-8:30 p.m. in the Crazy Wisdom Community Room. • This world is going through vast changes and many feel called to develop community in a variety of ways. Come join in sharing visions and practical approaches to living in, and cultivating community together. Free. Contact David at 994-9174; innerouterservices@gmail.com.

Metaphysics, Emotional Intelligence, and Belief Systems with G. Arthur Weidman • Second and Fourth Fridays, beginning Sept. 29, 7:30p.m. at Crazy Wisdom • Metaphysics assumes that consciousness is the basis of all creation, and wellness is the natural state of being that need not be pursued, but is simply allowed by the focusing on that which is desired. Emotion is the measure of our separation between our personal self and our greater self, not a reaction to outside stimuli. Higher states of consciousness are therefore associated with emotional experience and the relaxing into of who we really are. $1. Contact G. Arthur at (269) 501-6223; gweldman97@gmail.com.

Discover SoulCollage with Laura Seligman • Thursdays, Sept. 7, Oct. 5, Saturdays, Oct. 7, Nov. 11, Friday Nov. 3 • Create your personal deck of collaged cards which reflects your life and inner wisdom. Learn how to consult your cards for self awareness, inner guidance, and transformation. $55 includes all materials. Contact Laura at 649-2777; lauraseligman@gmail.com.

Tending the Wild Heart: A Weekly Mini-Retreat with Eva Neuhaus • Sept. 10, 17, Oct. 1, 8, 15, Oct. 29, Nov. 5, 12, 26, Dec. 3, 10, 3:30-5:30 p.m. • In this weekly mini-retreat, you'll immerse in creative arts, journaling, play, and community. With the support of the group and a skilled facilitator, you'll learn how to move through challenges from a place of abundance and power. Find out what's holding you back and unleash your full potential. Try one week free. $65/month. Contact Eva at 707-7477; evaneuhaus18@gmail.com or evaneuhaus.com.

Lunch and Learn Series with the Weber Center • Tuesdays, Sept. 12, Oct. 10, Nov. 14, Dec. 14, 12-1:30 p.m. • Lectures and discussion with lunch. Free. Contact Weber Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

Creating Internal Resources with Cam Vozar • Wednesday, Sept. 13, 6:30 p.m. • This workshop will help participants create internal resources to cope with stress and increase well being as they learn to connect to spiritual, nurturing, and protective resources. $10. Contact Cam at 747-9073; cam.vozar@gmail.com.

Free Temple Gathering to Discuss Sexuality and Consciousness with Leslie Blackburn • Sundays, Sept. 17, Oct. 15, Nov. 12, Dec. 10 5-7 p.m. • After an opening meditation, we hold a Sacred Circle, creating a safe space to share and ask questions on intimate topics. Donations appreciated. Contact Leslie at (313) 269-6719; support@leslieblackburn.com or leslieblackburn.com.

Mankind Project Ann Arbor - Open Men's Circle • Saturdays, Sept. 30, Oct. 28, Nov. 25, Dec. 30, 1-4 p.m. • Creating a safer world by growing "better" men. We create opportunities for men to better understand their lives and how they show up in the world. Through small men's circles, we help men develop the tools needed to transform their lives and develop behaviors which are in line with their most deeply held values. $5. Contact Leo at (248) 202- 2670; leorm66@yahoo.com or meetup.com/mankind-project-ann-arbor.

Progressive Counseling and Coaching Course with Self Realization Meditation Healing Centre • Sept. 30-Oct. 1, Oct. 7-8, 14-15, 21-22, 28-29, Nov. 4-5, 11-12 • This training gives the opportunity to take counseling to a highly advanced level. It is for those who wish to help others create positive and life enhancing changes. Please see our website for syllabus. $1485 includes lunch and refreshments. Bursary may be available. Contact Self Realization Meditation Healing Centre at (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Listening and Communications Skills Course with Self Realization Meditation Healing Centre • Sept. 30-Oct. 1, Oct. 7-8 • A good course for those who wish to really understand about themselves and others. $495 includes lunch and refreshments. Bursary may be available. Contact Self Realization Meditation Healing Centre at (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

From Ordinary to Extraordinary; Creating Exceptional Living with Pat and Dave Krajovic • Oct. 9, 6-7:30 p.m. • Nobody wants to live an ordinary life, though we all do. Life is filled with endless, wonderful possibilities. Learn how simple it can be to create an exceptional life. $33. Contact 416-5200; inspire@ascensionbreathing.com or acsensionbreathing.com.

Only in quiet waters things mirror themselves undistorted. Only in a quiet mind is adequate perception of the world.

— Hans Margolius

Mindfulness: The New Science of Health and Happiness with Pat and Dave Krajovic • Monday, Oct. 23, 6-8:30 p.m. • Learn techniques, routines, and meditations to outsmart stress, think yourself well, restore hope, and renew faith. $44. Contact 416-5200; inspire@ascensionbreathing.com or acsensionbreathing.com.

From Ordinary to Extraordinary: A One-Day Intensive with Pat and Dave Krajovic • Sunday, Nov. 5, 9 a.m.-4 p.m. • Life is not meant to be lived with each day no different than the one before it. We know something else is possible. Discover valuable secrets that will help you create an exceptional and enchanted life. $197. Contact 416-5200; inspire@ascensionbreathing.com or acsensionbreathing.com.

Creating Partnerships with Self Realization Meditation Healing Centre • Nov. 6, 13, 6-7:30 p.m. • Learn how to find, and be, the right partner. Taking time to consider our needs and priorities in partnerships avoids heartache and steers us towards harmony and peace. $60 for both evenings. Contact Self Realization Meditation Healing Centre at (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

SUN SHEN One Prayer Class with Joanna Myers • Wednesdays, 6-7:30 p.m. • The One Prayer is a dynamic self-management tool, custom designed for you. It includes a system of journaling techniques, life organization, and mapping of your purpose and trajectory. This course is designed for anyone wanting a greater understanding of themselves. $65/month. Contact Joanna at 395-8486; samomyers@sunshen.org or sunshen.org.

How to Be a Happier Person - Now! with Bob Bedard • Last Saturdays, 1:30-4:30 p.m. • Each class will focus on a component of the Intrapersonal Happiness Theory as a means to becoming a happier person. Sliding Scale. Contact Bob at 426-5685; happinessdocin@comcast.net or ihthappiness.com.

Raw Foods

Permaculture: The Fermentable Harvest with Bridget O'Brien • Saturday, Oct. 14, 9 a.m.-1 p.m. • Come learn a variety of approaches to preserving fall veggie harvests with fermentation. Make your own jar of mixed-veggie kraut with organic Robin Hills Farm produce to take home and prepare a batch of kombucha for the class to share. $65. Contact Ben at 834-8496; education@robinhillsfarm.com or robinhillsfarm.com/events.

Reiki

Usui Reiki Level 1 with Jennifer Vanderwal • Sunday, Sept. 24, 11 a.m.-6 p.m. • Learn the gift of Reiki and help your friends and family to a better life. Learn the history, how to feel the energy, energetic protections, hand positions, crystals, and different symbols. $150. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Second Degree Reiki with Suzy Wienckowski • Friday, Oct. 6, 7-9 p.m., Saturday, Oct. 7, 9:30 a.m.-4 p.m. • Second level of training in the Usui System of Reiki Healing. Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy enabling the practitioner to heal on a deeper level and to send Reiki at a distance. First Degree training is a prerequisite. $500. Contact Suzy at 476-7958; suzyreiki@aol.com.

Curious about Reiki? Introductory Talk with Suzy Wienckowski • Wednesday, Oct. 18, 7-9 p.m. • Suzy speaks on the Usui System of Reiki Healing. In this gentle, hands-on healing art Universal Life Energy is transmitted through the hands of a practitioner to facilitate healing and promote balance of the whole person. Free mini-treatments will be offered. Free. Contact Suzy at 476-7958; suzyreiki@aol.com.

First Degree Reiki with Suzy Wienckowski • Friday, Oct. 20, 7-9:30 p.m., Saturday, Oct. 21, 9:30 a.m.-5 p.m. • Reiki is a gentle, hands-on healing art. Reiki is easily learned by all and after initiation by a Reiki Master healing energy flows effortlessly through your hands. The First Degree class includes the history of Reiki, hands-on treatment form for yourself and others, and four individual initiations. Certificate awarded. $150. Contact Suzy at 476-7958; suzyreiki@aol.com.

Usui Reiki Level 2 Certification with Jennifer Vanderwal • Sunday, Oct. 22, 11 a.m.-6 p.m. • Deepen your skills and effectiveness and get certified in Reiki Level 2. Receive three new symbols including the power symbol Choku Rei. Learn long distance healing, new hand techniques specific to the new symbols. $195. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Reiki Certification: Levels One and Two with Andrea Kennedy • Nov. 4, 5, 9-5:30 p.m. • This in-depth workshop will enable participants to provide Reiki healing energy to themselves as well as other people and animals. How to send Reiki over distance and Japanese Reiki techniques are included in a format of lecture, practice, and experience. $325. Contact Andrea at 664-2255; andrea@mainstreamreiki.com or mainstreamreiki.com.

Usui Tibetan-Karuna Seiryoku Reiki Level 3A with Jennifer Vanderwal • Nov. 19, 11 a.m.-6 p.m. • Continue to grow your Reiki powers with this Level 3A class. Learn to construct a healing crystal array for long distance healing and work with symbols and other advanced Reiki techniques. Certification upon completion of Reiki 1, 2, 3A, 3B. $250. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Retreats

Man Meets Horse: Masculine Energy and Equine Wisdom with Todd Butler and Julie Arkison • Friday-Sunday, Sept. 15-17 • Discover a renewed depth, perspective, and authenticity in your sense of self and relation to others. Facilitated by trained professionals. $445 includes lodging and meals. Contact Lee at (313) 350-3482; leeanzicek@gmail.com or facebook.com/connectinghumansequinewisdom.

Yongmaeng Jeongjin (Intensive Retreat) • Oct. 4-8 • Yongmaeng Jeongjin, which means "Fearless Practice", is a period to free oneself from all worldly ties and absorb oneself completely in concentration. Usually reserved for practicing members, or for non-members with serious meditation experience. Minimum attendance is two days. $60/day. $50/members. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

Woman Meets Horse: Feminine Energy and Equine Wisdom with Todd Butler and Julie Arkison • Friday-Sunday, Oct. 6-8 • Discover a renewed depth, perspective, and authenticity in your sense of self and relation to others. Facilitated by trained professionals. $445 includes lodging and meals. Contact Lee at (313) 350-3482; leeanzicek@gmail.com or facebook.comconnectinghumansequinewisdom.

Fall Yoga Retreat with Christy DeBurton • Oct. 13-15 • Two nights of accommodations in double-occupancy rooms with private baths, locally-sourced vegetarian meals, variety of yoga classes, walking trails, labyrinth, bonfires, bird-watching, with access to nearby Hungerford Lake Recreation Area. $295 by Sept. 13, $315 after. Contact Christy at 761-8409; info@christydeburton.com or yogaroomannarbor.com/yoga-retreats.php.

The Crazy Wisdom Calendar

Retreats (cont.)

Silent Retreat with Self Realization Meditation Healing Centre • Nov. 17-19 • Everyone of all faiths, traditions, and practices welcome. $140/shared room. Bursary may be available. Contact Self Realization Meditation Healing Centre at (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Relaxation for Body, Mind, and Spirit Day with Self Realization Meditation Healing Centre • Dec. 9, 10 a.m.-5 p.m. • Relaxing yoga class with vegetarian lunch and refreshments. $39 with lunch and refreshments. $86 with shared room and meals. $60/optional Pure Meditation class. Contact Self Realization Meditation Healing Centre at (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Christmas Celebration Retreat with Self Realization Meditation Healing Centre • Dec. 24-27 • Silent retreat following the first meal, with ample time to meditate, contemplate, relax, and get in touch with the inner self. $175 in a shared room. Other accommodations and bursary may be available. Contact Self Realization Meditation Healing Centre at (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

New Year's Gathering with Self Realization Meditation Healing Centre • Dec. 31-Jan. 1 • Quiet time, meditations, introspection, and sharing. Includes a stretch-and-breathe class, spiritual discussion, and sharing inspirations. This retreat will help you prepare for the year to come. $136/person in a shared room. Contact Self Realization Meditation Healing Centre at (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Temple Stay/Visitor's Program and Residential Options with the Zen Buddhist Temple • Ongoing • This program provides participants with an opportunity to spend time living in a Buddhist community. They follow the daily schedule and participate in programs such as retreats, study groups, public services, and yoga classes as their schedule permits. One can seriously pursue one's spiritual path or seek peace and harmony in a wholesome environment. Prior arrangement with the Temple Director is necessary. The program is usually available throughout the year. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

Shamanism

Reclaiming your Wild: Thriving in Corporate America with Emily Dryzga • Thursday, Aug. 24, 6-8 p.m. at Crazy Wisdom • We'll learn and embody all the tips, tricks, and tools for managing anxiety and depression while also learning how to stay sane while navigating the corporate matrix. $10. Contact Emily at (989) 397-3616; info@wildwoodhealing.com or wildwoodhealing.com.

Intro to Shamanism: Path of Empowerment and Healing with Kate Durda • Saturday, Sept 9, or Oct. 7, 10 a.m.-5 p.m. • Experimental training in the Shamanic Journey and introduction to Shamanism healing methods and practice. This class is a prerequisite for all advanced training. $85 preregistration, $90 after. Contact (517) 667-0694; spiritweavers@gmail.com or spiritweavers.net.

Healing Curses and Spells with Connie Lee Eiland • Saturday-Sunday, Sept. 16-17 • This class involves the importance of words and the energy behind them. Students will learn how to identify the presence of curses and spells, which spirit teachers to work with, and how to heal curses or spells. The ability to journey and strong relationships with spirit helpers is required. $180 by Aug. 28, $220 after. Contact Connie at (248) 809-3230; clshebear7@gmail.com or shewolfshaman.com.

Come join us for Tea and Networking
Witches' Night Out
in the Crazy Wisdom Tea Room
2nd Tuesday each month NEW TIME 6:30 to 8:30 p.m.
It is a chance to meet others of like mind,
drink Witch Brew tea, explore the bookstore
and have a great time!
$3.50 for a pot of
Witch Brew tea
with free refills
info@crazywisdom.net
www.crazywisdom.net
WITCH BREW

People from a planet without flowers would think we must be mad with joy the whole time to have such things about us.

— Iris Murdoch

Shamanism Without Borders: A Guide to Shamanic Tending for Trauma and Disasters with Kate Durda and Stephanie Tighe • Saturday, Sept. 23, 9:30 a.m.-5 p.m. • We will present a methodology and ethical guidance in practicing techniques and principles used by shamans throughout time to deal with trauma and disasters. Prerequisite: Knowledge and experience with shamanic journeying. $100 by Sept. 16, $125 after. Contact (517) 667-0694; spiritweavers@gmail.com or spiritweavers.net.

Introduction to Journeying with Connie Lee Eiland • Sunday, Oct. 8, 10 a.m.-5 p.m. • Six-hour class includes power animal retrieval and journey to Upper, Lower, and Middle Worlds. Journey is with drums and rattles. $70 by Sept. 16, $80 after. Contact Connie at (248) 809-3230; clshebear7@gmail.com or shewolfshaman.com.

Shamanic Community Event: Feast for the Dead-Celebrating Our Ancestors with Kate Durda and Stephanie Tighe • Wednesday, Nov. 1, 5-8 p.m. • Pre-requisite: Knowledge and experience with Shamanic journeying. At this annual event, we celebrate our ancestors or bread and milk. Sharing family stories, create community altar, and feast. Please bring memories and a dish to share. Donations accepted. Contact (517) 667-0694; spiritweavers@gmail.com or spiritweavers.net.

Path of Open Heart Shamanism Apprentice Series: Basic Training in Shamanism with Kate Durda. • Friday, Nov. 10, 10 a.m.-5 p.m. • Lower World: Power Animals and Allies - Cosmology of the Shaman. In this first of three stand alone sessions, you will practice the journey to the Lower World and work closely with your power animal(s) for direct inspiration. $90 by Nov. 5, $100 after. Contact (517) 667-0694; spiritweavers@gmail.com or spiritweavers.net.

Creating Safety and Sacred Space with Connie Lee Eiland • Sunday, Nov. 12, 10 a.m.-6 p.m. • Safety is important to the ability to work in partnership with your helping spirits. There will be experimental setting of sacred space and creating a group alter. There will be individual, partnered journeys, and other exercises. Ability to journey is required. $80 by Oct. 21, $110 after. Contact Connie at (248) 809-3230; clshebear7@gmail.com or shewolfshaman.com.

Dying Well: Shamanic Approaches to Death and Dying with Kate Durda and Stephanie Tighe • Saturday-Sunday, Nov. 14-15 • Participants learn how to deal with the issue of dying and the destiny of souls from a shamanic perspective. For those who wish to explore death and dying issues for self-understanding or to help loved ones. Especially for those in a healing or health profession who help those who are dying. Prerequisite: Knowledge and experience with shamanic journeying. $150 by Nov. 10, $175 after. Contact (517) 667-0694; spiritweavers@gmail.com or spiritweavers.net.

Path of the Open Heart Shamanism Apprentice Series: Basic Training in Shamanism with Kate Durda • Saturday, Dec. 2, 10 a.m.-5 p.m. • Experience the Upper World, a realm of spiritual enlightenment and truth; the realm of spiritual teachers, masters, and guides. Learn cross cultural healing ritual for self, remember more about your True Self, and who you are in this life. Discover and/or strengthen your working relationship with your U. W. teachers. $90 by Nov. 26, $100 after. Contact (517) 667-0694; spiritweavers@gmail.com or spiritweavers.net.

WRITERS WANTED

We are looking for good articles
about the holistic scene...
reportage, personal journaling
and essays, profiles, interviews, journalistic
explorations, and other feature writing.

We are currently also looking for a Kids Columnist

We're looking for a new columnist for our ongoing CW Kids Column. Each issue, the columnist writes a feature article which includes 3 or 4 profiles of interest to parents and their kids. We focus on people, organizations and businesses offering cool, fun, meaningful and sometimes therapeutic activities, programs, events and classes for kids.
Great opportunity for a writer who is also a parent.

Modest but respectable pay. If you might be interested, please write to crazywisdomjournal@crazywisdom.net.

Spiritual Development

Lojong: Heart of Enlightenment with Jewel Heart • Thursdays, Sept. 7 - Dec. 7, except Oct. 23, Nov. 23, 7-8:30 p.m. • Lojong in Seven Points. A mind training geared towards developing what Buddhists call bodhimind, introducing us to deeper levels of compassion. Sliding Scale: $50, $60, $70. Contact Jewel Heart Programs at 994-3387; programs@gmail.com or jewelheart.org.

Weekly Old Testament (Torah), Prophets, Writings Study with Karen Greenberg • Thursdays, beginning Sept. 7, 9-10:15 p.m. • Please join us from the comfort of your own home for a weekly study of the Old Testament via conference call 1-302-202-1108. $40/month. Contact Karen at 417-9511; krngrnbg@gmail.com or clairascension.com.

Remembering Wholeness - Darshan with The Mother • Sundays, Sept. 9, Oct. 8, Nov. 19, Dec. 10, 2 p.m. • Energy sharing (darshan) with The Mother, channeled through Barbara Brodsky. Darshan is an event in consciousness as The Mother takes each person's hands and looks into his/her eyes there is an interaction between the human and the divine, which focuses and draws up the consciousness of the human. Donation. Contact Tana at 477-5848; om@deepspring.org or deepspring.org.

Spiritual Development with John Ashbrook • Sundays, Sept. 10, Dec. 10 • Quarterly classes on spiritual understanding and growth including a variety of topics. $95. Contact John at 326-3443; ashleyschaefer72808@yahoo.com.

Hineini: Accessing Spiritual Growth in Judaism through Mindfulness Meditation with Aura Ahuvia and Lynn Sipher • Sunday, Sept. 17, 1:30-4 p.m. • Judaism is not often seen as a pathway into presence. Yet the sacred writings of Judaism speak of a template for radical presence, contained in the Hebrew word: Hineini, which means "here I am" or perhaps " I am present". Join us in this two-hour workshop where we find ways to connect spiritual growth through the practice of mindfulness and meditation. $20/person. $30/two people before Sept. 10. $30 at the door. Contact Aura Ahuvia at aura@shirtikvah.org.

Bringing the Light of True Dharma to Everyday Life with Barbara Brodsky and occasional guest teachers • Tuesdays, Sept. 19, Oct. 3, 17, 31, Nov. 14, 28, Dec. 12, 6:30-9 p.m. • Prerequisite: At least an introductory level vipassana class, but this class is most suitable for experienced meditators. This year's class will focus on Dharma in Everyday Life. We will use exercises, reading, and in most classes, at least a short talk from Aaron. The specific direction for each class period will be taken from the expressed needs and interests of the class members. $105. Contact Tana 477-5848; om@deepspring.org or deepspring.org.

Psychology of Spiritual Growth with Lauren Tatarsky • Wednesdays, Sept. 20, Oct. 4, 18, Nov. 1, 6-8 p.m. • We will explore the wealth of wisdom found in the field of Spiritual Psychology. From the writings of Carl Jung, Peggy Wright, and Michael Daniels to the theories of Psychosynthesis and Focusing. Experiential exercises will be paired with scholarly readings. Offered through Washtenaw Community College Community Enrichment program. WCC registration fee: $115. Contact Lauren at (303) 875-8290; inspiredlifecounselinga2@gmail.com or inspiredlifecounselinga2.com/psychology-of-spiritual-growth.html.

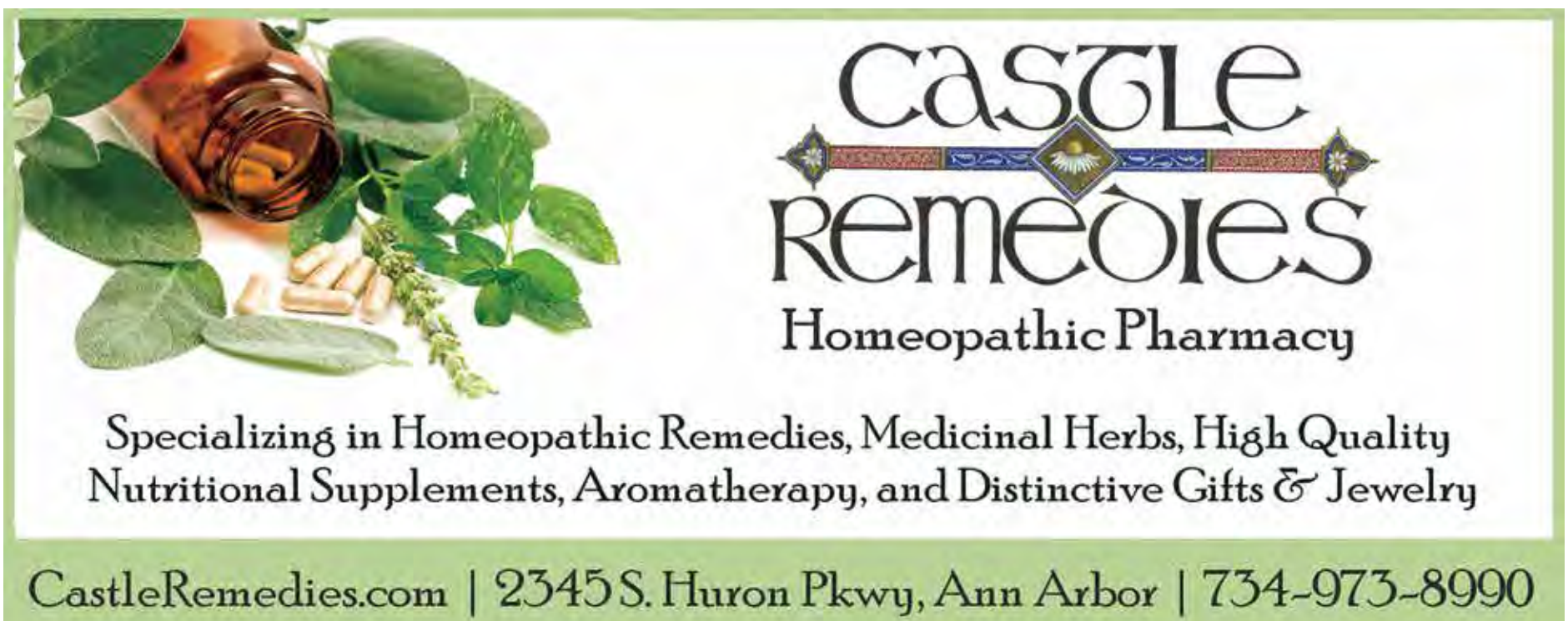
Intro to Religions with Susan Van Baalen • Wednesdays, Sept. 20, 27, Oct. 4 • Learn about the beliefs, practices, ethics, value systems, development of sacred writings, and rituals of religions. $25/session includes lunch. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

Rachel Egherman is a coach and mentor for individuals and small groups. Blending science and spirituality, she teaches self-care techniques to manage anxiety, depression, pain, disease and stress. For more information, visit www.thecelebratedheart.com.

Healing Power of Deep Listening and Presence Workshop with Barbara Brodsky, Dale Jensen, Aaron and other spirit friends • Saturday, Sept. 23 • Full details at deepspring.org. $35 locally. Available via video conference for the suggested donation of $20-$80. Contact Tana 477-5848; om@deepspring.org or deepspring.org.

Living Wholeheartedly with Holly Makimaa • Saturday, Sept. 30, 9:30 a.m.-12:30 p.m. • Interested in learning how to use carefully tailored journaling exercises to help you feel more connected to your wholeness? We will explore the transformative power of journaling to help uncover our deepest needs and what is most alive in each of us. We will learn to form an internal dialogue with ourselves that ultimately leads to greater freedom and harmony. $50. Contact Holly at 757-5700; hollymakimaa@gmail.com or yourtransformationaljourney.com.

Faith and Theology for an Unfinished Universe with John Haught • Saturday, Sept. 30, 9:30 a.m.-3:30 p.m. • Explore how our changing understanding of the cosmos casts new light on our understanding of God, our religion, and our religious traditions. $45 includes lunch. $10 nonrefundable deposit. Registration required. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.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From Nixon to Michigan: A Brief History of the Legalization of Acupuncture in the U.S.

By Henry Buchtel

Which state do you think was the first to legalize the practice of acupuncture? You are probably thinking California, right? Or maybe New York? Did any of you guess Nevada?

If you got this question right, then perhaps you happened to have been living in Carson City, Nevada in the spring of 1973 and saw the line of patients with canes and wheelchairs waiting outside a hotel across the street from the state legislature. Perhaps one of the patients told you that they were waiting hopefully for a free acupuncture treatment made legal for a three-week period by a special "emergency bill" passed by the state senate. This unlikely scene was the result of a concerted effort by a prominent Las Vegas businessman, Arthur Steinburg, to bring Dr. LOK Yee Kung, then the president of the Hong Kong College of Acupuncture, to Nevada to demonstrate the miraculous efficacy of what was, at that time, an illegal activity.

This effort resulted in the collection of over 17,000 signatures, the treatment of dozens of legislators, and several sensational "miracle cures." And it was successful. On April 20, 1973, the governor of Nevada signed the first state law to license the practice of acupuncture, and a new chapter in the history of acupuncture in the United States began.

The practice of East Asian medicine in the U.S. is hardly new — herbal clinics in particular have existed since the 1800s — but the twin firewalls of language and culture caused it to remain hidden from the English-speaking public within the country's Asian communities. It was Nixon's famous 1972 visit to China, and the related press in Readers Digest and The New York Times, that brought acupuncture into the popular consciousness. But by doing so, this traditional medicine was also brought into direct conflict with the cultural and political clout of the biomedical paradigm.

On April 20, 1973, the governor of Nevada signed the first state law to license the practice of acupuncture, and a new chapter in the history of acupuncture in the United States began.

The American Medical Association lost no time in promoting legislation to restrict the practice of acupuncture to physicians or medical researchers. Although this effort backfired in Nevada, where popular support of acupuncture overwhelmed the efforts of the Nevada State Medical Association, it was more successful in states like Michigan, where in 1974, then Attorney General Frank J. Kelley determined that "Acupuncture, as a total system of diagnosis and treatment of a patient, clearly falls within the statutory definition of the practice of medicine…" and could therefore only be practiced by a licensed allopathic or osteopathic physician.

It was Nixon's famous 1972 visit to China, and the related press in *Readers Digest* and *The New York Times,* that brought acupuncture into the popular consciousness. But by doing so, this traditional medicine was also brought into direct conflict with the cultural and political clout of the biomedical paradigm.

As the earliest state to license the practice of acupuncture, Nevada was under pressure to set a high bar for entry to the profession, and they created the highest and most stringent educational requirements of any state in the country – a license to practice medicine in China, Japan, or Korea, and 20 years clinical experience, rather than the entry-level masters degree used today.

We in Michigan are in the unique position of being the only state where the practice of acupuncture continues to be illegal except under the delegation and supervision of a physician.

In the years after Nevada's groundbreaking law passed, many other states followed suit, with California legalizing acupuncture in 1975 and New York shortly after in 1976. In the intervening years, all but four states have licensed the independent practice of acupuncture. As one of those four states, in Michigan we are in the unique position of being the only state where the practice of acupuncture continues to be illegal except under the delegation and supervision of a physician. This, of course, is a direct continuation of the 1974 A.G. opinion that acupuncture is the practice of medicine.

A few years back I had the opportunity to ask Mr. Kelley, through his biographer Jack Lessenberry, what his intent was with this influential opinion, and he wrote back that he saw acupuncture as "an advancement in science," and that this opinion was intended to protect and support the practice of acupuncture in the state. If you put his determination in the context of the conversation about acupuncture in the 1970s, one can see how farsighted this opinion was.

Take the range of training that existed at the time. Although acupuncturists from China were trained as physicians, in the U.S. a 1973 A.M.A. conference presentation stated: "Another area of concern throughout the country are the so-called 'quickie courses' in acupuncture, many of which must fall into the category of outright quackery. For example, some courses […] are of the weekend, three-day variety, after which participants are granted some kind of a certificate that, based on those three days, states they now are 'qualified acupuncture practitioners.'"

And in the popular media one saw both fascination with and harsh criticism of this mysterious art. As the New York Times reported in 1972, "The American Society of Anesthesiology, while calling acupuncture 'a potentially valuable technique,'

has warned that 'severe mental trauma' could result if acupuncture was applied indiscriminately to patients not properly evaluated psychologically and that quacks could misuse the treatment and divert patients from obtaining effective, established medical cures."

Given the variety of opinions that existed in the US in the early 1970s, ranging all over the spectrum from wholehearted approval of acupuncture to scorn and denial, Mr. Kelley's balanced conclusion in Opinion No. 4832 is fascinating to me. For him to have taken the time and effort to look past even the contemporary popular opinion of acupuncture as a straightforward remedy for pain, a simple technique to be used by any professional, and conclude that "...the separation of the practice of acupuncture with its concern for the maintenance of an equilibrium of energy forces, and the selected use of some of the techniques to produce an anesthetic effect, is premature" was quite forward looking and has had a lasting influence across the decades.

During these decades since the determination that acupuncture is the practice of medicine, a professional class of trained acupuncturists has emerged. The current minimum requirements for national certification in acupuncture are completion of an accredited program consisting of 3 years/1905 hours of education, including 660 hours of supervised clinical training and 450 hours of biomedical clinical sciences, as well as passage of national certification exams. These are individuals trained to practice acupuncture "...as a total system of diagnosis and treatment of a patient," and carry on the living tradition of what the WHO has described as one of the humanity's most valuable intangible cultural heritages.

The new chapter in the history of acupuncture that opened in Nevada in 1973 has still not closed here in Michigan, as the state acupuncture and oriental medicine association, M.A.A.O.M., which successfully fought for title protection in 2006, is now leading an effort to make Michigan the 47th state to license the independent practice of acupuncture.

During these decades since the determination that acupuncture is the practice of medicine, a professional class of trained acupuncturists has emerged.

Dr. LOK Yee Kung, President of Hong Kong College of Acupuncture

Why is this struggle still important in Michigan? Although it has been many years since an acupuncturist was arrested for "practicing medicine without a license," recent times have brought new challenges to the profession. Just as there was a boom in popularity following President Nixon's visit to China, more recent affirmations of acupuncture's efficacy by the medical research community has led to an interest on the part of other healthcare professions in adding acupuncture to their scope. The same sort of "quickie courses" in acupuncture techniques (now called "dry needling," or "intramuscular stimulation") that proliferated for a few years in the 1970s are showing up in Michigan today, advertising that students can "offer this to your patients the very next day" after taking a 3-day course.

In Michigan, physical therapists, physician assistants, nurses, and other professions are operating in a legal grey area where there are no specified minimum training standards required before sticking acupuncture needles into one's patients. It is truly a case of "let the buyer beware." Licensure of acupuncture would bring Michigan up to the level of the 46 states that have already done so, while allowing time for the development of clear standards for how much additional training is necessary for each of these professions to practice safely.

Currently in Michigan there are a little over 200 acupuncturists (with the highest number practicing in Washtenaw county) who are nationally certified and could practice legally in other states. Michigan's imperfect regulation of the profession has led to slower growth than we've seen in other Great Lakes states – Illinois has 850 licensed acupuncturists, for example – despite the fact that Bureau of Labor Statistics data shows that it is one of the fastest growing healthcare professions in the country.

What has this multi-decade movement to regulate and legalize acupuncture meant for the public and for practitioners? The intent is certainly to make it safer to seek out an acupuncturist, as weekend courses for laypeople have given way to master's degrees at accredited colleges. But has this meant that fewer people could study and practice the medicine, creating the spike in health costs that we see in the conventional healthcare models?

As the profession grows, in time acupuncture treatments will be available in settings ranging from traditional private practices to hospital-based integrative medicine departments, and from low-cost community clinics to inpatient addiction treatment centers.

We are fortunate to have many activists that have worked to prevent such a bottleneck from developing, ranging from the Working Class Acupuncture movement, which created low-cost community acupuncture clinics all over the country, to the National Acupuncture Detoxification Association, which has taught the 5-point auricular protocol for substance abuse to more people in Michigan than any other state in the country. As the profession grows, in time acupuncture treatments will be available in settings ranging from traditional private practices to hospital-based integrative-medicine departments, and from low-cost community clinics to inpatient addiction-treatment centers.

No government regulation of a healthcare profession comes without costs. But from the earliest lurches and miss-steps towards licensing in Nevada, with their requirement of foreign doctorate-level education to the present-day entry-level master's degree and national certification, a standard for the profession has emerged that promises safety and efficacy, while not closing the door so far as to prevent the development of a variety of delivery models and kinds of training.

Henry Buchtel completed his acupuncture and herbal medicine studies at the Hunan University of Traditional Chinese Medicine in southern China, where he lived for more than a decade. In 2011 he moved back to his home state of Michigan to continue his clinical practice at The Lotus Center of Ann Arbor and at Michigan Oriental Medicine in Grand Blanc. He is in his second term as president of the Michigan Association of Acupuncture and Oriental Medicine. He can be contacted at henry.buchtel@gmail.com. For more information, visit www.dynamicpoints.com.

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Wednesday, November 8, 2017
6–9 p.m.

- Featured Speaker
- Panel discussion about the present and future of research in bipolar disorder
- Reception

University of Michigan | Kahn Auditorium
A. Alfred Taubman Biomedical Science Research Building
109 Zina Pitcher Place | Ann Arbor, MI 48109

Book signing: Crazy Wisdom bookstore will be selling the book at the event.

This event is free and open to the public — please RSVP at **PrechterProgram.org/lecture**

PrechterProgram.org

The Crazy Wisdom Calendar

Spiritual Development (cont.)

Gateway to Enlightenment: Becoming a Bodhisattva with Thubten Chodron • Monday, Oct. 2, Tuesday, Oct. 3, 7-8:30 p.m. • Over the course of two evenings, American Buddhist nun Venerable Thubten Chodron will explore the process of attaining full enlightenment from the reasons and history behind developing the wish for enlightenment to the activities necessary to achieve it. $50. Contact Jewel Heart Programs at 994-3387; programs@jewelheart.org or jewelheart.org.

Finding Peace from the Inside Out with Janene Ternes of Prayer in Motion • Thursday, Oct. 5, 8:30 a.m.-3 p.m. • Finding peace in the world today is essential to a healthy life. Through a series of talks, activities, and prayer experiences we will explore positive mental habits, energy, enthusiasm for life, resilience, and inner peace. This holistic retreat will provide tools to guide you on this journey and open your hearts to new ways of finding peace. $50. Contact Janene at 347-2422; prayerinmotionllc@gmail.com or prayer-in-motion.com.

Connecting With Archangels with Karen Greenberg • Sunday, Oct. 8, 1-8 p.m. • Become acquainted with the various Archangels represented in the Sephirot, the spheres, in the Tree of Life. Learn who the Archangels are, what they do, and whom to call on for particular assistance and how to safely call upon them. $125. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Creating Personal Ceremony with Layla Ananda • Wednesday, Oct. 25, 7-9:30 p.m. • Exercises of inner exploration to find words, music, movement, art, and other ceremonial elements to provide love, support, and growth for your particular situation. $10-$20 sliding scale. Contact Layla at 646-7405; layla_ananda@hotmail.com or layla-ananda.com.

Living in Hope with Janene Ternes • Saturday, Oct. 28, 9:30 a.m.-3 p.m. • Don't let the news of the day or pessimistic people dishearten you. God calls us to live in hope. Join us as we explore the source of our hope using movement, music, Scripture, guided meditation, Lectio Divina, and journaling. $45. $10 nonrefundable deposit. Contact Janene at 347-2422; prayerinmotionllc@gmail.com or prayer-in-motion.com.

Awakening from the Creative Heart Workshop with Barbara Brodsky, Tavis Taylor, and Aaron • Saturday, Nov. 4 • A follow-up workshop from May 24, Healing and the Ever Perfect. Full details at deepspring.org. $35 locally. Available via video conference for the suggested donation of $20-$80. Contact Tana 477-5848; om@deepspring.org or deepspring.org.

Women's Sacred Mysteries with ShuNahSii Rose • Mondays, Nov. 6 through Dec. 18, Weeks 1, 3, 5, 7, 7-9:30 p.m., Weeks 2, 4, 6, 9-10 p.m. • Odd weeks will be in-person meetings with local instructors, or available for remote conference calls. Even weeks will be conference calls with ShuNahSii Rose. Offering a shift in perspective on female rites of passage and deepening your respect for women's wisdom throughout the ages. Transgender and non-binary participants are welcome. $250. Contact ShuNahSii at 761-9148; robin@insacredbalance.com or insacredbalance.com.

Single Women, Abundant Life with Janene Ternes of Prayer in Motion • Saturday, Nov. 11, 9 a.m.-2:30 p.m. • Whether single for life or a season, God has a unique love and purpose for single women. Using music, movement, journaling, and guided meditation, we will explore our own personal stories of courage, faithfulness, witness, and service. Basic movements will be taught which can be done by anyone, regardless of age, experience, or physical limitation. $45. Contact Janene at 347-2422; prayerinmotionllc@gmail.com or prayer-in-motion.com.

Finding Hope Again: Nourishing Foundations of Hope in Our Lives with Elizabeth Liebert • Sunday, Nov. 12 • Using stories, brief presentations, and simple spiritual practices, we will focus together on foundations of hope that can sustain us over the long haul. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

Awakening from the Creative Heart Workshop with Barbara Brodsky, Dorothyann Coyne, and Aaron • Saturday, Dec. 2 • Workshop using painting, collage, and more along with meditation and talks from Aaron. Full details at deepspring.org. $35 locally. Available via video conference for the suggested donation of $20-$80. Contact Tana 477-5848; om@deepspring.org or deepspring.org.

Monthly Ascension Support Class with Eve Wilson • Every four Thursdays, beginning Dec. 21, 7:30-9:30 p.m. • Healing and ascension meditations to keep your spirit and soul alive. Each class designed to help you heal, integrate your Higher Self, clear soul contracts, and help your soul group, and the world, ascend and heal. $50/class for a total of $300. Contact Eve at 780-7635; evew@spiritualhealers.com or spiritualhealers.com.

Lightworker Activation with SANDYA - Sandra Shears • Wednesdays, 7-9 p.m. • As a Lightworker or World Server, you have incarnated at this time in order to facilitate the transition into the next age. It is time to bring forth the gifts that will accelerate healing and activate spiritual purpose. Ongoing commitment required. $100 prepaid. Contact SANDYA-Sandra Shears at 340-2616; sandya2033@yahoo.com or sandya-sandrashears.com.

Lightworker Development with SANDYA - Sandra Shears • Third Fridays. Individual set-up the previous week • Group lightwork with current spiritual, astrological, and energy events - includes energy adjustment and activation with a sound attunement. Ongoing commitment required. $100 prepaid. Contact SANDYA-Sandra Shears at 340-2616; sandya2033@yahoo.com or sandya-sandrashears.com

Meeting for Worship in the manner of Friends with the Michigan Friends Center • Second Sundays, 10 a.m. • Quaker worship group. Free. To join email director@mfcenter.org. Contact Michigan Friends Center 475-1892; manager@mfcenter.org or mfcenter.org.

Weekly Word for Healing and Ascension with Eve Wilson • Fridays and Saturdays • Practical and spiritual support for riding the waves of change on planet Earth. Current information about what changes are happening and tools for responding effectively and finding ease and joy in the process. Free. Contact Eve at 780-7635; evew@spiritualhealers.com or spiritualhealers.com.

Forget not that the earth delights to feel your bare feet,
and the winds long to play with your hair.

— Kahlil Gibran

Stress Management

Mindfulness-Based Stress Reduction with Libby Robinson • Eight Mondays beginning Sept. 25, 6:30-8:30 p.m. • Free introductory session on Sept. 18, 6:30-8:30. Registration required for eight-week course, requested for introductory session. An accessible and secular mindfulness class, developed by Jon Kabat-Zinn at UMass, this class fosters gentle nonjudgemental awareness of the present moment through meditation and informal practice during daily life. Class includes one-day retreat, recordings of guided meditations, and handouts. $400 (negotiable). Contact Libby at 476-3070; libbyrobinson7@gmail.com or aacfm.org.

Mindfulness Practices for Pain Relief with Libby Robinson • Eight Thursdays beginning Sept. 28, 10 a.m.-12 p.m. • Free introductory session on Sept. 21, 10 a.m.-12 p.m. Registration required for eight-week course, requested for introductory session. By practicing mindfulness through meditation, movement, and ordinary activities, we can develop a different relationship to chronic pain. $400 (negotiable). Contact Libby at 476-3070; libbyrobinson7@gmail.com or aacfm.org.

Living a Stress Free Life with Self Realization Meditation Healing Centre • Tuesdays, Oct. 3, 10, 17, 24, 31, 6-7:30 p.m. • Sessions help us understand ourselves and others, situations in life and to master stress and address questions arising from modern lifestyles. $199/all five evenings. Contact Self Realization Meditation Healing Centre at (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Mindfulness and Resilience with Elisha Goldstein • Saturday, Nov. 4, 9 a.m.-4 p.m. • This one day workshop will focus on how mindfulness, play, and compassion foster resiliency in coping with unhappiness, anxiety, and depression. For mental health professional and others interested in this topic. $150 by Oct. 21, $170 thereafter, $100/students. Contact Libby at 476-3070; libbyrobinson7@gmail.com or aacfm.org.

Gift of Mindfulness for Holiday Stress - A Benefit for the Women's Center with Lynn Sipher • Saturday, Nov. 18, 1-3 p.m. • Join us for this two-hour workshop where we will experience formal and informal mindfulness practices. After each practice we will discuss ways mindfulness can help us participate more fully this holiday season, with more presence and less stress. Suggested donation $50. All fees go directly to this nonprofit. Contact Lynn at 332-3365; lynnsipher@gmail.com or lynnsipher.com.

Sustainability

Permaculture Applied to Everything with David Hall at Crazy Wisdom • Wednesday, Nov. 8, 7-8:30 p.m. • New or old to permaculture, come to discuss and learn what it is, and how to apply these principles of natural harmony to the whole of creation. Free. Contact David at 994-9174; innerouterservices@gmail.com.

A Different Way: Living Simply in a Complex World with the Michigan Friends Center Thursdays, Oct. 19, 26, Nov. 2, 9, 16, 30, 7-8:30 p.m. • In this class we'll explore the many issues we face that a simple lifestyle can help address, determine how your current values align with simple living, and commit to action to create a bigger impact in our world. Registration required. Sliding scale $30, $45, or $60. Contact the Michigan Friends Center at 475-1892; manager@mfcenter.org or mfcenter.org.

Winter Seminar Series: Whole Farm Planning with Naomi Rivers • Tuesday, Dec. 5, 6-7:30 p.m. • Robin Hills Farm Education Team will present their third annual Winter Seminar Series. All seminars are free and open to the public. Kick-off with a presentation of the steps that comprise this ecologically-oriented holistic planning model followed by a group discussion. Free. Contact Ben at 834-8496; education@robinhillsfarm.com or robinhillsfarm.com/events.

Tai Chi, Martial Arts & Self Defense

Wu Style Tai Chi at Jewel Heart with Marilyn Feingold • Sundays, 4-5:30 p.m. • Learn the ancient art of meditation in motion with this 'soft style' martial art emphasizing relaxation and balance. Contact Jewel Heart at 994-3387; programs@jewelheart.org or jewelheart.org.

Chen Tai Chi Ch'uan with Joe Walters • Mondays and Thursdays, 5:30-6:30 p.m., Saturdays 10-11 a.m. • Unique movement art emphasizing inner stillness and relaxation developed through disciplined whole body integration and refined awareness. Instruction in stance training, silk-reeling exercises, and Chen Tai Chi forms. $85/month. Contact Joe Walters at annarbortaichi@gmail.com or annarbortaichi.com.

Wu Style Tai Chi Chuan with Genie Parker • Mondays, Wednesdays, and Thursdays 4-5:30 p.m. or 6-7:30 p.m. • Wu Style tai chi chuan is a soft style martial art emphasizing balance and relaxation. All are welcome to learn this ancient art of meditation in motion. $45/month for one class/week, $70/two classes/month. Student, senior, and family rates available. First class free. Contact Genie at (248) 229-1060; wustyleannarbor@gmail.com or wustyle-annarbor.com.

Tai Chi for Arthritis with Jan Katz • Thursdays, 1-1:50 p.m. • Medical studies have shown this particular program to relieve pain for people with arthritis and improve their quality of life, as well as preventing falls for older adults. Although especially effective for arthritis, it is a great start for beginners to improve health and wellness. $50/month or $17/drop-in sessions. Contact Alexis at 845-9786; pastorneuhaus@sunshen.org or sunshen.org.

Tai Chi for Kids with Jonathan Buckman • Sundays, 4:30-5:30 p.m. • From the slow Tai-Chi form, which activates balance and calm, to playful Pushing Hands, which gives safe, gentle outlet to explore themselves, to meditation techniques which they can use in the classroom and at home. This class invites kids to learn about themselves and introduces them to skills that will bring them a lifetime of happiness. Available to children from 5-17. $70/month, $21/drop-in sessions. Contact Alexis at 845-9786; pastorneuhaus@sunshen.org or sunshen.org.

Tai Chi Pushing Hands with Joseph Wang • Wednesdays, 5:30-7:30 p.m. • Pushing hands is an interactive Tai Chi training which helps you experience the world in a non-reactive and calm way, find freedom and power within yourself, and interact with others without compromising yourself. $70/month, $21/drop-in sessions. Contact Alexis at 845-9786; pastorneuhaus@sunshen.org or sunshen.org.

SUN SHEN Basic Tai Chi Form with Ann-Margaret Giovino and Pastor Neuhaus • Mondays, 6-7 p.m., Tuesdays, Thursdays, 7-8 p.m. • Build a solid foundation in Tai Chi principles in an intimate setting, with guidance and personal adjustment in the SUN SHEN 35 Form. As you learn the sequence and details of the Form, you will experience the calm, effortless power which comes from relaxed focus. $55/month, $17/drop-in sessions. Contact Alexis at 845-9786; pastorneuhaus@sunshen.org or sunshen.org.

Morning Tai Chi with Master Sang Kim • Monday through Friday, 7-8:30 a.m. • Happiness is not a circumstance, it is a cultivation. When you practice Tai Chi, you get to know a part of you that was hidden and you have been looking for all of your life: the power and potential that your mind and body are really capable of. $225/month. Contact Alexis at 845-9786; pastorneuhaus@sunshen.org or sunshen.org.

Tai Chi at Weber Center with Bonnie Yarbrough • Mondays, Sept. 11, 18, 25, Oct. 2, 9, 16, 4:30-5:30 p.m. • Tai Chi is an ancient exercise that involves slow-paced turning and stretching. It has been shown to help improve circulation, balance, posture, increase strength and flexibility, and reduce stress. Good for all ages. Wear comfortable, loose clothing with tennis shoes or socks. $5/session, $25/all six. Contact the Weber Center at (517) 266-4000; webercenter@adriandominican.org or webercenter.org.

Tarot & Divination

Drop-in Tarot/Psychic Readings with Kathy Bloch • Tuesdays, 5:30-8:30 p.m. at Crazy Wisdom • $1.50/minute. No appointment necessary. Contact 663-0435.

Drop-in Tarot/Psychic Readings with Rebecca Williams • Thursdays, 6-9 p.m. at Crazy Wisdom • $1.50/minute. No appointment necessary. Contact rebeccawilliams999@comcast.net.

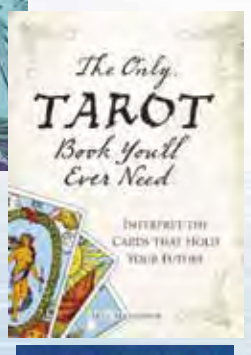
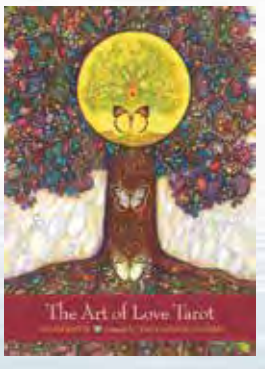
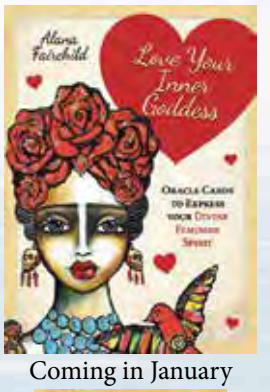
Drop-in Intuitive Tarot with Gail Embery • 1st and 3rd Fridays, 6:30-9:30 p.m. and 3rd Sundays, 3-6 p.m. at Crazy Wisdom • Gail Embery has many years of experience as a Tarot Reader. She reads the cards intuitively while incorporating her abilities as a natural medium and gifted clairvoyant. Gail is also a licensed professional counselor. $1.50/minute. Contact 655-7694; emberyg@yahoo.com or readingswithgail.com.

Tea Events

Tea with the Fairies at Crazy Wisdom • Thursday, Sept. 21, 1 p.m. and 4 p.m. • Join the fairies of the Crazy Wisdom Tearoom for a magical tea party! Enjoy special treats in your favorite fairy attire, and then gather for story time and a surprise activity in our community room. No charge for children under 18 months. $11. Contact Jessica at jessicameyer@crazywisdom.net. This Fairy Tea there is a special Shel Silverstein event!

Crazy Wisdom has a large selection of Tarot, Oracle Decks, Divination Books and Tools

Coming in September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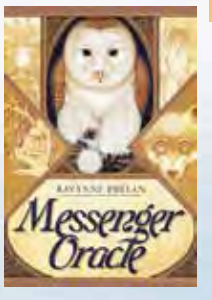

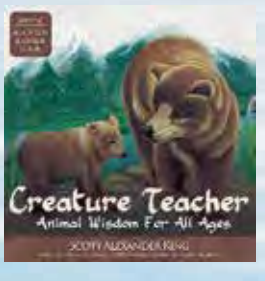

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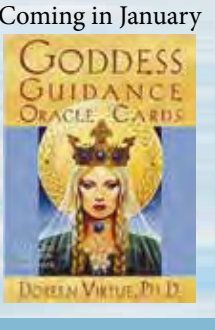

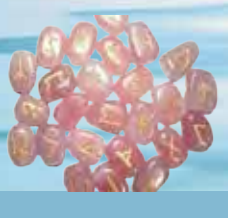

Native Spirit • Nature • Past Lives • Doreen Virtue • Numerology • Affirmation • Goddess • Alana Fairchild

The Crazy Wisdom Calendar

Therapy & Support Groups

Falling Awake: Mindfulness for Depression and Anxiety with Lynn Sipher • Wednesdays, Oct. 4-Nov. 22, 6-8 p.m., Day of Mindfulness Saturday Nov. 11, 9 a.m.-3 p.m. • Each week participants will learn new skills, formal and informal, to lessen the grip of depression and anxiety. Discover that you can live more fully and in the present moment. $400 includes workbook with CD and Day of Mindfulness. Contact Lynn at 332-3365; lynnsipher@gmail.com or lynnsipher.com.

Thermography

Adelpha Breast Thermography with Linda • Wednesdays, Sept. 13 and Oct. 25, 10 a.m.-4 p.m. • Safest, noninvasive breast imaging technique showing earliest detections of changes in breast tissue. Measures heat emissions and displays for computer analysis. No contact, no pressure, no pain. $165. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Wilderness Awareness

Ecology Series: Birding 101 with Jessica Adamczyk • Saturday, Sept. 15, 6-8 p.m. • In September, year-round resident bird species have mostly gone quiet for the year, but the woods and wetlands are teeming with warblers and other songbirds on their way south for the winter. Please wear appropriate footwear and attire. Binoculars will be provided for those who do not bring their own. $15/person, $25/family. Contact Ben at 834-8496; education@robinhillsfarm.com or robinhillsfarm.com/events.

Ecology Series: Birding 101 with Jessica Adamczyk • Saturday, Oct. 14, 10 a.m.-12 p.m. • In October, populations of migrating warblers and other songbirds are at their peak, en route to their winter homes farther south. Please wear appropriate footwear and attire. Binoculars will be provided for those who do not bring their own. $15/person, $25/family. Contact Ben at 834-8496; education@robinhillsfarm.com or robinhillsfarm.com/events.

Fall Nature Walk with the Michigan Friends Center • Saturday, Oct. 14, 2-3:30 p.m. • Come join us for a wonderful fall walk around the woodlands of the Friends Lake Community. Bring your curiosity, binoculars, and a hand lens if you can. The walk will be mild to moderately challenging, depending on the needs of participants. Donations welcome. Contact the Michigan Friends Center at 475-1892; manager@mfcenter.org or mfcenter.org.

Ecology Series: Animal Skulls with Sean Zera • Saturday, Oct. 21, 1-3 p.m. • Get a jump start on Halloween by learning to identify the skulls of some common native animals. Weather permitting, we will also take a short hike to identify animal tracks on the Robin Hills Farm nature trails. $15/person or $25/family. Contact Ben at 834-8496; education@robinhillsfarm.com or robinhillsfarm.com/events.

Ecology Series: Birding 101 with Jessica Adamczyk • Saturday, Nov. 11, 10 a.m.-12 p.m. • In November, the skies fill with late-season migrants like ducks and raptors through Robin Hills Farm as well as some bird species from the far north that overwinter in Michigan. Please wear appropriate footwear and attire. Binoculars will be provided for those who do not bring their own. $15/person or $25/family. Contact Ben at 834-8496; education@robinhillsfarm.com or robinhillsfarm.com/events.

Botany of FLCC with Amanda Klain • Tuesday, Nov. 14, 7-8:30 p.m. • Join us for a slideshow of the diversity of plants found at the Friends Lake Cooperative Community. Focus will be on the native plant species. Donations welcome. Contact the Michigan Friends Center at 475-1892; manager@mfcenter.org or mfcenter.org.

Full Moon Hike with Leslie Science and Nature Center • Saturday, Dec. 2, 7-9 p.m. • Enjoy the height of the lunar month with a moonlit hike through the woods. Do some simple science experiments and learn about how animals see in the dark and survive. Enjoy some hot cocoa by the fire -- be green and bring your own mug! This program will include hike groups for all ages as well as adults 18+. Please note preference on registration. $9/adults, $34/families. $8/members, $30/member families. Contact Leslie Science and Nature Center at 997-1553; info@leslicsnc.org or lesliesnc.org.

Ecology Series: Birding 101 with Jessica Adamczyk • Saturday, Dec. 9, 10 a.m.-12 p.m. • In December, the last wave of migrations bring more raptors, ducks, and other late season travelers through Robin Hills Farm as well as the bird species from the far north that overwinter in Michigan. Please wear appropriate footwear and attire. Binoculars will be provided for those who do not bring their own. $15/person, $25/family. Contact Ben at 834-8496; education@robinhillsfarm.com or robinhillsfarm.com/events.

Women's Health

WomanSafeHealth Open House with Elizabeth Shadigian and staff • Monday, Sept. 11; Tuesday, Oct. 10, 5-6 p.m. • Open house includes snacks and is open to the public to meet Elizabeth and staff. Tours, demonstrations, and a book signing with Elizabeth will be available. Free. Contact Elizabeth at 477-5100; info@womensafehealth.com or womansafehealth.com.

WomanSafeHealth Open House with Elizabeth Shadigian and Marnie Burkman • Thursday, Nov. 9, 5-6 p.m. • Open house includes snacks and is open to the public to meet Elizabeth and staff. Tours, demonstrations, and a book signing with Elizabeth will be available. Free. Contact Elizabeth at 477-5100; info@womensafehealth.com or womansafehealth.com.

WomanSafeHealth Fountain Making Class with Elizabeth Shadigian • Thursday, Nov. 30, 5:30-7 p.m. • Join us for fun, creativity, and camaraderie while making your own tabletop fountain(s). You can design a theme or color scheme for your own little piece of feng shui. Materials and refreshments provided. Register by Nov. 17. $30/fountain. Contact Elizabeth at 477-5100; info@womensafehealth.com or womansafehealth.com.

WomanSafeHealth 10th Anniversary Celebration with Elizabeth Shadigian • Wednesday, Dec. 6, 5-7 p.m. • Join the celebration with a small presentation from Elizabeth about the practice and her book. Massage and acupuncture demonstrations will be given. Snacks and refreshments provided. Free. Contact Elizabeth at 477-5100; info@womensafehealth.com or womansafehealth.com.

Womenspirit

Holy Women of History Series with Anneliese Sinnott • Thursdays, Oct. 26, Nov. 11, 1:30-3 p.m. • These sessions will help us explore some of the women from the world community, past and present, who will inspire us by the holiness of their lives. Free-will offering. Contact the Weber Center at (517) 266-4000; webercenter@adriandominican.org or webercenter.org.

Work & Right Livelihood

Live Your Career Dream with Melanie Fuscaldo • Wednesday, Sept. 6, 12-1:30 p.m. • Begin to identify your unique career dreams and gifts to share with the world. $30. Contact Melanie at 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Writing & Poetry

Crazy Wisdom Poetry Series hosted by Joe Kelty, Ed Morin, and David Jibson • Second and Fourth Wednesdays, 7-9 p.m. in the Crazy Wisdom Tea Room • Free. Contact Ed at 668-7523; eacmorso@sbcglobal.net or cwpoetrycircl.tumblr.com.
Second Wednesdays are poetry workshop nights. All writers welcome to share and discuss the own or favorite poetry. Sign up for new participants begins at 6:45 p.m.
Fourth Wednesdays have a featured reader for 50 minutes and then open mic for an hour. All writers welcome. Sign up begins at 6:45 p.m.
Sept. 27 • Kathleen McGookey has poems in *Crazyhorse*, *Denver Quarterly*, *Ploughshares*, *Prairie Schooner*, and *Quarterly West*. Her book of prose poems, *Heart in a Jar*, appeared from White Pine Press this spring. She has two other books of poems, two chapbooks, and has translated a book of French poet Georges Godeau's prose poems.
Sept. 27 • Gregory Loselle has published four chapbooks, the most recent being *About the House*. He won the Hopwood, Frost, and Dove awards for his poetry, and a fiction prize from *Saturday Evening Post*. His poems have appeared in *Alehouse*, *Comstock Review*, *Rattle*, and *Peninsula Poets*. He teaches secondary English locally.
Oct. 25 • Diane DeCillis owned an award-winning art gallery near Detroit. Her first poetry collection, *Strings Attached*, was honored as a Michigan Notable Book for 2015, and won The Next Generation Indie Book Award for poetry. Her works appear in *Minnesota Review*, *Nimrod*, and *Connecticut Review*. Lebanese culture and magic realism inform her work.
Nov. 29 • Zilka Joseph teaches creative writing. Her chapbooks *Lands I Live In* and *What Dread* were nominated for a PEN America and Pushcart award, respectively. Her poems have appeared in *Poetry*, *Kenyon Review Online*, and *The MacGuffin*. Wayne State University Press recently published her books of poems, *Sharp Blue Search of Flame*.

Story Night with the Ann Arbor Storyteller's Guild • Sundays, Sept. 24, Oct. 22, Nov. 26, at Crazy Wisdom • Listen to old tales and new during an evening of adult stories. Ann Arbor Storyteller's Guild members perform for the first hour, with an open mic for the second hour. So, if you have a five-minute tale, we'll try to fit you in! Free. Donations accepted. Contact Susan at 997-5388; zoumbaris_susann@comcast.net, annarborstorytelling.org, or facebook.com/annarborstorytellers.

Wellspring Creative Writing Workshop with Julie Mariouw • Sept. 14, 21, 28; Oct. 5, 12, 19; Nov. 2, 9, 6-8:45 p.m. at Crazy Wisdom • This eight-week creative writing workshop focuses on bypassing the inner critic, going directly to images, feelings and memories, and entering the place where story and natural language reside. Julie uses the Amherst Writers and Artists workshop method developed by Pat Schneider. $160. Contact Julie at 730-6175; julie@wellspringwritingworkshops.com or wellspringwritingworkshops.com.

Write Now: Claiming your Voice with Jill Blixt • Five Tuesdays, beginning Sept. 26, 6-9 p.m. • Word by word, writing can be the compass for finding our creativity, our truth. With regular writing we can nourish our voice and meet ourselves at a deeper level on the page. This workshop is for anyone who wishes to build a regular writing practice. $150. Contact Jill at 665-4577; jillblixt@aol.com

INvolution Yoga. rooted in the classic 4 stage progression of Hatha Yoga, offers yoga classes and training for various levels. For information on classes, locations, and events, visit http://www.involution.yoga/ or email natashaschaffer01@gmail.com.

Yoga

Yoga Class with the Zen Buddhist Temple • Six Tuesdays, beginning Sept. 5 and Oct. 17, 6:30-8 p.m. • Beginning and experienced students learn traditional yoga postures (hatha) with an emphasis on relaxation, concentration, and working with the breath. Early registration recommended. $60/all six sessions. Drop-in $12/session. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

Holistic Yoga Teacher Training RYT200, RYT300, RYT500 with Ema Stefanova • Courses start Sept. 7 • Holistic Yoga Teacher Training. Ann Arbor Yoga and Meditation is a Yoga Alliance Registered School. Our certification training includes one retreat at Lake Michigan per level. Register now for classes beginning Sept. 7. Register early and save! $3,195. Contact Ema at 665-7801; emastefanova@cs.com or yogaandmeditation.com.

Living a Fulfilled Life Immersion and Teacher Training with Nancy McCaochan • Saturdays, Oct. 7-Dec. 9, 11 a.m.-4 p.m. • Five-month yoga immersion beginning in October that can lead to teacher certification and Yoga Alliance Registry at the 200-hour level. $2,799 before Sept. 1. Contact Nancy at (248) 797-4271; nancy@karma-yoga.net or karma-yoga.net.

Iyengar Yoga with David Rosenberg • Mondays, 6 p.m., Thursdays, 7 p.m., Saturdays and Sundays, 10 a.m. • Experience invigorating yoga postures using the methods of BKS Iyengar. The instructor emphasizes the use of props and individual instruction so all student can participate together. $119/10 classes. Contact David at 646-4195; massage4@aol.com or aareced.com.

Healing Heart, Mind & Body Yoga Calm for Childhood Trauma and Stress with Lynea Gillen • Nov. 10 and 11 • In this two-day workshop, you'll learn Yoga Calm's strength based approach for working with childhood stress and trauma. Participants will learn how to engage and develop children and teen's physical, mental, and emotional resources to promote healing, develop resilience, and support growth. $245-285. Contact Maryann at 476-5690; maryannemor@gmail.com or mc4me.org.

Drop-in Gentle Yoga with Erica Dutton • Wednesdays 11 a.m.-12 p.m. • Optional meditation at 10:30 a.m. Iyengar Yoga for all levels, no experience necessary. Please bring a yoga mat and wear loose clothing. $5 donation. Contact Erica at 417-4385; eld0306@yahoo.com or enlightenedsoulcenter.com.

Yoga and Mindfulness Facilitated by Horsesense and Horsepower at Heritage Hill Haven • Ongoing by appointment • Therapy on horseback. Incorporates yoga and equine-inspired mindfulness to create a powerful healing session. Options for ground work and mounted learning activities in individual or group sessions that promote wellness. No experience necessary. Prices vary. Contact Kathleen at 622-9500; haveninfo@heritagehillhaven.org or heritagehillhaven.org.

Yoga listings continued on page 99

Best of Both Worlds: Integrating Western Medicine and Traditional Chinese Medicine to Improve Patients' Health

by Ann Hughes, M.D.

Being healthy takes place on many levels: our bodies, minds, and souls. For each of us, the ideal mix is a little different, and what is needed to thrive is unique to each individual. I work with patients to uncover the underlying reasons a person's body is not working well, and to develop the best plan to achieve optimal health. I truly believe that everyone can become empowered to transform their health.

> My journey to become a physician began at the age of 15 when I left everything behind in my birthplace of Harbin, China to start a new life in the U.S.

I am a family physician who practices integrative medicine, functional medicine, acupuncture, and traditional Chinese medicine. I love what I do and it gives me great satisfaction when I hear gratitude from patients who have transformed their health with my assistance.

I have always been drawn to natural approaches to medicine. In part, this is because I come from a family that has been practicing acupuncture and Chinese medicine for eight generations. At a very young age I began to learn basic concepts of Eastern medicine with its emphasis on the whole-body approach.

My journey to become a physician began at the age of 15 when I left everything behind in my birthplace of Harbin, China to start a new life in the U.S. It was difficult at first, but I learned English quickly and worked part-time at a local restaurant after school. I attended Community High School in Ann Arbor where the environment encourages self-initiated learning opportunities. I began to take mathematics and science classes at the University of Michigan when I was in eleventh grade. These early experiences helped me learn the value of responsibility, hard work, and self-reliance. I was awarded a full five-year merit scholarship to the University of Michigan, where I graduated with a double major: mathematics and cellular and molecular biology.

I loved growing up in Ann Arbor, with its small college town feel and big city opportunities. Multiculturalism is a given here; not only do we have world-class Western medical programs and facilities, we also have many alternative and holistic health practitioners. Early in my training I had many opportunities to shadow and work with some of the gifted doctors and healers in town.

> During medical school and residency, I became addicted to sugar and caffeine. I believed that sleeping and resting were luxuries, not necessities. I got chronic fatigue syndrome and developed type 2 diabetes by the end of my residency. Finally I was forced to listen to my body and respect the way it worked.

After graduation, I studied at one of the most prestigious acupuncture and Chinese medicine schools in the country, the Oriental Medical School at Dongguk University in Los Angeles. My experience with using acupuncture to successfully treat infertility led me to publish a research article on the subject. My solid background in Eastern medicine, along with my observations of the scientific rigidity of Western medicine, led me to wish to integrate these separate methodologies for better patient care. To achieve this, I attended medical school at American University of the Caribbean School of Medicine, in the Netherlands Antilles, and graduated at the top of my class.

I was a hard-working student and my health started to show some problems due to lack of sleep, stress, and the competitive environment. I became a stress eater and was making poor snack choices such as potato chips and cookies. I was never obese, but I gained more than 50 pounds in four years of medical school. I noticed my body was changing and I was getting flabby, but I remained focused on my goals.

> In six months I completely reversed my diabetes and chronic fatigue syndrome — personal proof of the efficacy and power of integrative medicine!

I went on to complete my residency in family medicine at Providence Hospital in Southfield, Michigan. I tailored my medical school and residency curriculum to gain more experience in providing integrative and holistic care. I attended numerous integrative holistic medicine conferences and spent months shadowing and learning from national and local holistic providers.

With a desire to help patients achieve optimal health, I moved back to Ann Arbor and completed an integrative medicine fellowship at the University of Michigan, a program that awards just one fellowship each year and is recognized as a top program internationally. During my fellowship I was awarded the Provider of the Month Award twice by clinic patients and staff. I was happy to return and serve my home community, but years of pushing myself too hard had taken a toll on my body.

During medical school and residency, I became addicted to sugar and caffeine. I believed that sleeping and resting were luxuries, not necessities. In fact, even

though I knew all about the importance of a healthy lifestyle and nutrition, I continued to push my limits. I worked long hours, some days without sleep. I got through the night shifts by eating half a dozen chocolate donuts and drinking two cups of espresso. I learned how to keep myself awake despite my exhaustion. I constantly craved sugar and carbs, but I didn't realize that they had actually altered my brain chemistry, hormones, and metabolism. I gained a lot of weight and felt exhausted. And then, I got chronic fatigue syndrome and developed type 2 diabetes by the end of my residency. Finally I was forced to listen to my body and respect the way it worked.

I often share with my patients that one of the easiest ways to feel happier is to direct your attention to the good things in your life. Similarly, shining a positive light on the bad or neutral things changes how you feel about them.

By all measures I was a successful family physician, but my personal illness gave me a firsthand appreciation for the power of integrative medicine. I was trained to help my patients get their health back, but now it was my turn to do the right thing. I realized I needed a detox. I eliminated sugar, caffeine, and junk food, tested myself for food sensitivities, and eliminated the allergens that drive inflammation in the body.

I also learned to slow down and practice meditation. Through meditation I improved my mood and my immune system. I often share with my patients that one of the easiest ways to feel happier is to direct your attention to the good things in your life. Similarly, shining a positive light on the bad or neutral things changes how you feel about them. These days I spend 30 minutes in the morning after I wake up practicing gratitude meditation.

As I progressed on my recovery journey, I came home to visit my mother, Dr. Shan Kong, who is a well-known, licensed acupuncturist in Ann Arbor, and received acupuncture treatments once a week. After evaluating my underlying chemical imbalance, I started to take supplements and herbs. In six months I completely reversed my diabetes and chronic fatigue syndrome — personal proof of the efficacy and power of integrative medicine!

The principle of health is very simple: take out the bad stuff and put in the good stuff.

Unfortunately, many people subject themselves to the same bad lifestyle choices that I did. We use sugar, caffeine, alcohol, or worse to manage our energy and moods. We don't pay attention to what we eat, how much we sleep and exercise, and how much time we make for connecting with family and friends.

I believe the human body has an innate ability to heal itself, but sometimes it needs professional help. In my medical practice, I look into the underlying reasons a person's body is not working well and treat the root causes. In fact, the principle of health is very simple: take out the bad stuff and put in the good stuff. I evaluate factors that are negatively influencing the patient such as food and chemical sensitivities, allergies, microbes, toxins, nutritional deficiencies, mind/body imbalance, and so on. Once these factors are identified, then we can help the body to heal based on the individual's specific needs.

Ann Hughes, M.D., is a board-certified medical doctor in integrative medicine, family medicine, and acupuncture. She comes from a family that has practiced Chinese Medicine and acupuncture for eight generations. She opened her holistic medical practice in August of 2016. For more information, contact her at (734) 905-0318 or visit www.DrHughesHolisticCenter.com.

The Crazy Wisdom Calendar

Yoga (cont.)

Open Level Yoga with Michele Bond of Yoga House • Sundays, 7:30-9 p.m., Thursdays, 6-7:30 p.m., Saturdays, 10-11:30 a.m. • Mixed level class with variations offered for all levels. $14 preregistered. $18/drop-in with permission. Contact Michele at 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Yoga Happy Hour: Basics and Restorative with Michele Bond of Yoga House • Fridays, 6-7 p.m. • Learn basic alignment, simple postures and breath, along with some delicious restoratives. Feel your stress melt away. $11/pre-registered. $13/drop-in with permission. Contact Michele at 358-8546; michele@yagahouseannarbor.com or yogahouseannarbor.com.

Yoga for Athletes with Michele Bond of Yoga House • Wednesdays, 6-7 p.m. • Athletes or anyone looking for a strong practice will enjoy increasing core strength, enhancing flexibility, agility, balance, and mental focus. $14/pre-registered. $18/drop-in with permission. Contact Michele at 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Yoga Essentials with Michele Bond of Yoga House • Tuesdays, 6-7:30 p.m. • For those new to yoga, or new to this system. Learn Universal Principles of Alignment that are an invaluable aid to learning the postures, deepening your understanding of the body, developing a yoga practice that is safe, joyful, therapeutic, and fun. $14/pre-registered. $18/drop-in with permission. Contact Michele at 358-8546; michele@yagahouseannarbor.com or yogahouseannarbor.com.

Yoga Classes at The Yoga Room with Christy DeBurton • Mondays, 4:30-5 p.m., 6-7:15 p.m., Tuesdays, Thursdays, 9:30-10:45 a.m., 4:30-5:30 p.m., 6-7:15 p.m., Saturdays, 8:30-9:45 p.m. • Offering Hatha, Yin, and Vinyasa yoga classes. See website for pricing and full schedule. Contact Christy at 761-8409; info@christydeburton.com or yogaroomannarbor.com.

Yoga with Cats with Tiny Lions Lounge and Adoption Center • Sundays, 8:30-9:30 a.m., Thursdays, 7:30-8:30 • Practice Hatha style yoga with the furry feline masters at Ann Arbor's own cat cafe! Bring peace to your mind and body while filling your heart with joy as you help animals - proceeds help the homeless animals in our community. $10. 10th class is free. Contact Karen at 661-3530; tinylions@hshv.org or tinylions.org.

Hatha Yoga with Kashi Walters • Mondays, 7-8:30 p.m. • This class uses quieting yoga sequences to help destress and restore the body. The movements calm the nervous system and bring subtle energies back into balance. Please bring a yoga mat. $15. Contact Kashi Nivas at 883-6947; atmaram@kashinivas.org or kashinivas.org.

Restorative Yoga with Kashi Walters • Thursdays, 6:30-8 p.m. • Designed to soothe and refresh the body and soul using props and guided meditation. Please bring a yoga mat. $15. Contact Kashi Nivas at 883-6947; atmaram@kashinivas.org or kashinivas.org.

Purna Yoga with Raisha Love • Call for times • Come back to the roots of yoga in our new studio. Contact (989) 284-1042; askraisha@yahoo.com or purnayogaannarbor.com.

"Nature always wears the colors of the spirit."

— Ralph Waldo Emerson

The Crazy Wisdom Community Journal on the web

www.crazywisdomjournal.com

Read the digital edition of the fall issue

Flip through the pages of The CW Community Journal – virtually! Our entire issue is made available online via Issuu Technology, a leading digital publishing platform, so it's easy to read CW Commuity Journal while traveling, or to share it with out-of-town friends and family.

Share your thoughts and comments

From each print issue, we also turn select features and articles into blogs – which you can find right on the homepage of our website – so you can leave your thoughts and comments, "like" articles on Facebook, or easily share links via email and social media.

Find events, classes, workshops, & more

Our local events calendar (found at the back of each print issue) is also available online, making it easy to search for events, classes, workshops, and also read about the teachers, lecturers, and workshop leaders around the community.

and read The CW Community Journal blog

A unique mix of content, from local voices – writers, holistic practitioners, workshop leaders, artists and others – and a variety of topics to explore: spirituality, health and nutrition, astrology, meditation, tarot, psychology, art therapy, and more.

Teachers, Lecturers, Workshop Leaders, and The Centers

Aaron is a spirit who has been a Buddhist monk and scholar in many previous lifetimes and is a being of great love, compassion, wisdom, and gentle humor. In his final lifetime he was a vipassana meditation master, but he has lived in many different bodies and followed many spiritual paths. He is channeled by Barbara Brodsky.

Linda Adamcz, MSW, is a Certified Practitioner of Integrative Breathwork and Psycho-Spiritual Integration. She has worked in the mental health field for nearly 30 years.

Nia-Avelina Aguirre, ND, is a board-certified Naturopathic Doctor and has been in the natural health, fitness, and wellness profession since 1983. She offers nontoxic, nondrug options along with bodywork and energy therapies for radiant health.

Rabbi Aura Ahuvia serves Congregation Shir Tikvah in Troy, Michigan, a Reform/Renewal synagogue known for its beautiful, soulful music, situated within five acres of woods.

Elise Aikman, LMT, graduated from the Ann Arbor Institute of Massage Therapy in 2015 with certifications in therapeutic massage, neuromuscular therapy, and myofascial release. She is passionate about helping clients who face chronic illness or pain, particularly headaches.

Layla Ananda has been on a path of spiritual growth since the 1970s, studying the wisdom of many traditions. She believes deeply that each person has her/his own truth and own path to wholeness. She is a psychotherapist, musician, and all-faiths minister.

Ann Arbor Center for Mindfulness has a mission to cultivate and support the understanding of mindfulness to promote health and wellbeing.

Ann Arbor District Library (AADL) Ann Arbor's public library serving the community of the Ann Arbor School District.

Julie Arkison has owned and operated Synchrony Farm with her husband, Jim, since 1989. A graduate of the University of Michigan with a combined degree in Psychology and Art History, Julie blends this background with her many years of horse experience. Growing from rider in childhood, to teacher and trainer, she has studied both Dressage and Western Trick trainers from around the world. Whether interacting with horses on the ground or riding, she believes that horses help people explore the many rich layers of inner life in wonderful ways.

Ashley Arnold earned her massage therapy training through Baker College and her license in Esthiology through Douglas J. Aveda Institute. Her passion for horses also led to her certification in equine massage therapy.

John Ashbrook is a Professional Numerologist and intuitive spiritual counselor. He has published more than 200 articles on everything spiritual. John has taught a comprehensive spiritual program of ongoing classes and individual guidance sessions for personal growth.

Robert Auerbach is a certified Advanced Practitioner of Rolf Structural Integration who has studied with two of Ida Rolf's senior proteges and been in practice for 19 years.

Marcia Bailey, MA, PhD, is a certified Phoenix Rising Yoga Therapy Practitioner, Kripalu Yoga Teacher, Certified Transformational Breath Facilitator, and Senior Trainer with the Transformational Breath Foundation.

Bob Bedard, PhD, is the author of five books about happiness. He has 25 years of experience teaching and speaking about the Intrapersonal Happiness Theory to individuals and groups.

Deanne Bednar, MA, has taught middle school art for 28 years, and sustainable future classes for 15 years. She is the director and teacher at Strawbale Studio, focusing on natural building, and sustainable living skills since 2003.

David Bell was a founder of Ann Arbor's Interfaith Center and he has been a longtime teacher of A Course in Miracles.

Linda Steinborn Bender, ACSW, LMSW, has spent 30 years helping adults manage day-to-day life by adjusting to health, trauma, abuse, and grief. She has worked in several hospice settings.

Leslie Blackburn, MS, RCST, is a Sacred Sexual Healer and Transformational Guide. She is a leading educator and coach of sacred sexuality and tantra in the U.S.

Jill Blixt is a creativity coach and working writer. As a long time student of acclaimed writing teacher, Natalie Goldberg, Jill brings her students the structure to build their own regular writing practice.

Kathy Bloch is a Tarot reader, born and raised in Hawaii. She has studied Tarot since 1980 and likes to collect Tarot decks from around the world. She has been doing public readings since 1995.

Bloom Gardens is a local nursery and garden boutique specializing in unique plants, local and organic gardening supplies, and whimsical garden décor.

Photo by Trista Sutton

Heather Glidden is the owner of Gyrotonic® Tree Town and Pilates Loft Studio. For ore informtion on classes and offerings, visit gyrotonictreetown.com.

Carole Blotter draws her meditation practice from dual roots in Quaker and Buddhist traditions. She has been teaching meditation since 1999, and she is a teacher for The Forest Way, an organization dedicated to providing retreats conducive to balanced and integrated spiritual growth.

Bodyworks Healing Center offers a variety of holistic health services from certified massage therapists and other certified practitioners.

Michele Bond has over 800 hours of training in yoga, yoga therapeutics, and meditation with internationally-recognized instructors. She has a background in martial arts, dance, competitive synchronized swimming, gymnastics, stunt fighting, and swordplay.

Breastfeeding Center of Ann Arbor offers comprehensive and professional support services for breastfeeding mothers and babies, including private consultations, weekly MotherBaby support groups, and breastfeeding-related retail.

Tammy Braswell is an Energetic Creation Coach who supports women in expanding their levels of consciousness and awareness to turn their desires into reality.

Patty Brennan, Director of Center for the Childbearing Year and co-owner of Lifespan Doula Association, is a professional birth, postpartum, and end-of-life doula trainer. Professional doula certification available. Patty is the author of *The Doula Business Guide* and provides business development support for doulas.

Barbara Brodsky is the founder and guiding teacher of Deep Spring Center and an ordained Interfaith Minister. She has been practicing meditation since 1960, teaching since 1989, and she draws from dual roots in Buddhist and Quaker traditions. She became totally deaf in 1972, and is a channel for the spirit, Aaron.

Jeff Brown and **Francois Beausoleil** are Certified Nonviolent Communication trainers.

Jonathan Buckman is a lifetime student of the martial arts and an instructor with SUN SHEN. He is also a social worker and a chess teacher to over 2,000 children.

The background information listed here pertains specifically to individuals and centers whose classes and workshops and events are listed in this current issue of the Crazy Wisdom Calendar. If you are a holistic/spiritual/psychological growth practitioner in the area, but you don't regularly lead classes or workshops, you can still be listed for free in our Holistic Resource Guide on the Web. Go to AnnArborHolistic.com.

Teachers, Lecturers, Workshop Leaders, and The Centers

Marnie Burkman, MD, is an integrative psychiatrist who is dedicated to helping others recover and enhance their wellness on every level of health—including body, mind, spirit, and community. She is board-certified in psychiatry and integrative holistic medicine.

Dr. Todd Butler farms in south central Michigan and brings twenty-five years of experience as a professor of theology, and as a higher education administrator. He is certified in Equine Facilitated Learning and Coaching and regularly leads retreats and facilitates workshops nationally.

Anna Byberg, LMSW, CAADC, is the Program Coordinator of the Dawn Farm Sera Recovery Center and co-presenter of Dawn Farm's Family Program. She was instrumental in implementing Dawn Farm's tobacco cessation initiative.

Carole Caplan, E-RYT 500, teaches yoga and meditation to weave ancient wisdom into modern life. She bases her yoga teaching on traditional Kriya techniques and she is also certified in Thai Yoga Bodywork.

Kapila Castoldi has studied meditation under the guidance of spiritual teacher Sri Chinmoy for 30 years. Her interest in Ayurveda as a complement to meditation spans two decades.

Atmaram Chaitanya is the director of the non-profit Kashi Nivas Shiva Meditation Center. He has offered over 40 years of service as a teacher of meditation, self-inquiry, and kirtan chanting in the Ann Arbor area.

Center for the Childbearing Year is Michigan's premier birth and postpartum doula training center with professional certification through DONA International. Also offering comprehensive childbirth preparation programs, including online classes hosted by Patty Brennan. Center4cby.com.

Chef John is a nutrition trained chef and diabetes educator. He volunteers for 1love-1world Ltd to help prevent, control, and reverse diabetes in churches and schools in Michigan, Brazil, and Jamaica.

Dr. Amanda Childress is a licensed Pharmacist who now uses Nutrition Response Testing℠ in her new profession of Wholistic Pharmacist. She graduated with her Doctor of Pharmacy degree from Shenandoah University in 2007. She has practiced community-based pharmacy for three years before changing her focus to a wholistic, non-drug approach.

Carl Christensen, MD, PhD, FACOG, FASAM, ABAM, is a board-certified addictionologist and pain management specialist.

Venerable Thubten Chodron is an author, teacher, and the founder and abbess of Sravasti Abbey, the only Tibetan Buddhist training monastery for Western nuns and monks in the US Ven. Chodron teaches worldwide and is known for her practical (and humorous!) explanations of how to apply Buddhist teachings in daily life. She has published many books on Buddhist philosophy and meditation, and is currently co-authoring a multi-volume series of teachings with His Holiness the Dalai Lama on the Buddhist path, *The Library of Wisdom and Compassion*. The first volume, *Approaching the Buddhist Path*, is available July 2017.

Kristen Clore OTR, CWC is an occupational therapist, certified wellness coach and nutrition response testing practitioner. She has a holistic approach to overall health and well-being. As an occupational therapist, Kristen works to help restore her patient's cognitive and physical function to achieve independence in daily activities that improve the quality of life.

Lorri Coburn, MSW, is a psychotherapist and interfaith minister. She is author of *Breaking Free: How Forgiveness and A Course in Miracles Can Set You Free*.

Stefanie Cohen, MA, RMSE, is a performing artist, curator, movement teacher, and somatic practitioner with a focus on the integration of bodily awareness and the creative process. She holds a Masters in Dance and Somatic Wellbeing and she is both an Authentic Movement facilitator and a Registered Somatic Movement Educator.

Dorothyann Coyne has been a student and practitioner of yoga and meditation since 1971. Mother of four and grandmother of five, she is a certified Kripalu Yoga teacher and a senior teacher of meditation for Deep Spring Center. Dottie and her husband Bernie have been long time supporters of Deep Spring. For 25 years they offered their home on a lake in the Irish Hills near Ann Arbor as a setting for many of the sangha weekend retreats and workshops.

Kerry Cradit has extensive experience in helping people get well with proper health education and nutrition. She holds a Bachelor's degree in Nutrition and Food Science from Madonna University and is a Certified Pilates Instructor. Before coming to NHCAA, she taught dance and pilates for many years then spent 18 months as a Dietitian Assistant at the UMich Medical Center.

"I think of life as a good book. The further you get into it, the more it begins to make sense."

— Harold Kushner

Reverend Taikodo Marta Dabis is a board certified hospital chaplain at Saint Joseph Mercy Ann Arbor and ordained Zen priest in the SFZC Suzuki/Katagiri lineage.

Diana Cramer, MA, has been co-facilitating the Ann Arbor Death Café since 2012. She is a natural death educator, home funeral guide, green burial advocate, and advanced care planning consultant.

Dawn Farm Youth and Family Services Team provides assessment, intervention, treatment, education and support services for adolescents experiencing problems with alcohol and other drug use and for their families.

Armand Diaz is a certified consulting Astrologer based in New York City. He is the NCGR Publications Director, a Contributing Editor to NCGR E-News Commentary, and author of *Integral Astrology and Separating Aspects*.

Christy DeBurton, RYT, is a Registered Yoga Teacher who has received training from both Omega Institute for Holistic Studies and The Center for Yoga. She has been teaching yoga since 1998.

Deep Spring Center for Meditation and Spiritual Inquiry is a nonprofit organization devoted to offering teachings of nonduality and the meditation practices which support those teachings. Barbara Brodsky is the founder and guiding teacher.

Emily Dryzga is a Shaman Priestess, Sacred Intimacy Coach, Astrologist, Acudetox Specialist, Shiatsu Bodyworker, Yoga Teacher, and HR lady. She has navigated the realm of Corporate America for over ten years and is deep within her lifelong practice of being wild. She works to help healers heal themselves. She teaches the art of being present to your emotions and connecting to nature and wild to find an empowered and balanced space in the world.

Kate Durda, MA, is a shamanic practitioner, esoteric healer, published researcher, developmental psychologist, and co-founder of Spirit Weavers. She has extensive training with the Foundation for Shamanic Studies, Sandra Ingerman, and various cultural shamanic traditions such as Tibetan, Andean, Celtic, Buryatan, and various Native American traditions.

Erica Dutton is a retired nurse who has practiced and taught yoga for many years.

Joan Ebbitt, LMSW, is a spiritual director and licensed clinical social worker. She specializes in ministering to religious clergy and others in their quest to experience the divine.

Denis Edwards is a professional fellow in theology at Australian Catholic University, Adelaide campus, and a priest of the Catholic Archdiocese of Adelaide. He is a member of the International Society for Science and Religion.

Rachel Egherman is a massage therapist and HeartMath coach at Head to Toe Therapies in Ann Arbor. She has been guiding people to wellness for over 20 years.

Connie Lee Eiland has been a shamanic practitioner for 15 years and a physical therapist for 47 years. Since 2000, her shamanic studies have been with Sandra Ingerman, Betsy Bergstrom, Carol Proudfoot-Edgar, Nan Moss, and Larry Kessler.

Gail Embery has many years of experience as a Tarot reader. She reads the cards intuitively while incorporating her abilities as a natural medium and gifted clairvoyant. Gail is also a licensed Professional Counselor, and received her Master's degree from WSU in Counseling Psychology.

Linda Diane Feldt, a student of the healing arts since 1973, is a holistic health practitioner, teacher, and writer who has taught herbal classes locally for over 40 years.

Deb Flint is the bookstore manager at Crazy Wisdom and former Adjunct Professor at Siena Heights University and Adrian College.

Catherine Fischer is a certified Hand in Hand Parenting Instructor and DONA Certified Postpartum Doula, has been working with families since 1994. She is a former elementary teacher, an experienced birth and postpartum doula, and a long-time parent support group leader.

Lori Fithian is founder and creator of Drummunity and has been facilitating drum circles and rhythm workshops since 1998. A student of drumming tradition for 20 years, her teachers include Arthur Hull and Barry Bateman. She has made a career out of her passion for building community by bringing people together to drum.

Molly Fitzgerald has many years of professional experience helping prisoners, probationers, and those struggling with substance abuse. She holds a B.S. and M.S. in Criminal Justice.

John Friedlander is a psychic, author, and teacher with degrees from Duke and Harvard Law. He has studied with Jane Roberts and at the Berkeley Psychic Institute with founder Lewis Bostwick. His newest and third book, with Gloria Hemsher, is *Psychic Psychology: Energy Skills for Life and Relationships*.

The Friends of the Ann Arbor District Library is a committed nonprofit group of volunteers that operates the Friends Book Shop in the downtown library and supports the activities of the Ann Arbor District Library.

Lynda Forbes has been active in the Flint and Fenton Metaphysical Community for over 30 years. Lynda's expertise is in Astrology, Tarot, Chinese Face Readings, and the Native American Medicine Wheel. She has a monthly column and offers readings and classes.

JissoJi Zen Ann Arbor — A Zen Meditation Group in the Tradition of Shunryu Suzuki

By Marta Dabis

"So, in our practice, we rely on something great, and sit in that great space. The pain you have in your legs or some other difficulty is happening in that great space. As long as you do not lose the feeling that you are in the realm of Buddha nature, you can sit even though you have some difficulty."

These lines in the book *Not Always So* by Shunryu Suzuki Roshi were my first exposure to Zen. I was recovering from an icy highway car accident and went to the bookstore to find another book by Suzuki Roshi's called *Zen Mind, Beginner's Mind*. It was not there — instead I was drawn to this random page in *Not Always So* almost immediately. I had plenty of difficulties, pain, spasms, and a new phobia. The recent trauma redrew the maps of what I was and wasn't able to do.

"When you want to escape from your difficulty, or when you try to improve your practice, you create another problem for yourself. But if you just exist there, then you have a chance to appreciate your surroundings, and you can accept yourself completely, without changing anything."

Tears started rolling down my face; it turns out it wasn't my old reality I needed back, but rather a softer mind that could accept me in my new reality. My inner world responded to Suzuki Roshi's words. He was speaking personally to me, to the broken, lost, and hopeful me.

"To exist in big mind is an act of faith, which is different from the usual faith of believing in a particular idea or being. It is to believe that something is supporting us and supporting all our activities including thinking mind and emotional feelings. All these things are supported by something big that has no form or color. It is impossible to know what it is, but something exists there, something that is neither material or spiritual. Something like that always exists, and we exist in that space."

I knew I had arrived home — at first in my heart, and a few months later, in City Center (Beginner's Mind Temple) of the San Francisco Zen Center. Suzuki Roshi's student, the editor of *Not Always So*, Edward Brown, became my first teacher. On the day of my arrival to Tassajara Zen Mountain Center (one of the three practice communities that comprise the San Francisco Zen Center) he gave the meditation instructions. This was in 2007. I already had a daily meditation practice (not Zen) for years; I wasn't looking for a teacher and wasn't looking for a tradition, but I was open to having a spiritual friend.

Brown owned his brokenness so openly that I knew he could understand my tears well. He shared his cape with me, as a chaplain. Eventually I learned to be that chaplain myself. At the end of my residential Zen training, I formally enrolled and completed my clinical pastoral education and started working as a hospital chaplain. I was lay ordained by Brown and priest ordained by the head of the Udumbara National Sangha Diane Martin Roshi, who also trained under Suzuki Roshi and received dharma transmission from Katagiri Roshi. On the free meditation app Insight Timer, I received a request to start the lineage in Southeast Michigan. So JissoJi Zen Ann Arbor was born. Our first sitting was on the 15th anniversary of 9/11 — with a Lovingkindness chant dedicated to Quan Yin, the bodhisattva of great compassion, who hears all the cries of the world.

JissoJi Zen Ann Arbor gathers for meditation at The Lotus Center and holds study groups in the Whittaker branch of the Ypsilanti Public Library. Our first day-long meditation was on Memorial Day weekend this past spring. JissoJi, which means "Reality Temple," draws people from Grosse Pointe and Howell, from Monroe and Rochester.

> "When you want to escape from your difficulty, or when you try to improve your practice, you create another problem for yourself. But if you just exist there, then you have a chance to appreciate your surroundings, and you can accept yourself completely, without changing anything."
>
> —Shunryu Suzuki Roshi

We are part of "Branching Streams" of the San Francisco Zen Center, and expect visiting teachers from several Japanese Soto Zen lineages in the coming years. The best way to stay up to date on our events is on MeetUp JissoJi Zen.

Rev. Marta Dabis Taikodo Jisso ("Oceanic Reality") is a board-certified hospital chaplain and ordained Zen priest in the Suzuki/Katagiri lineage. She lives in Ypsilanti. For more information, contact JissoJiZen@gmail.com or visit jissojizen.org.

Teachers, Lecturers, Workshop Leaders, and The Centers

Melanie Fuscaldo, MA, LPC, NCC, is a licensed and nationally-certified counselor and life coach specializing in joyful transformations.

Pam Gallagher, CAP, has over 40 years of experience in practicing, studying, and teaching astrology. She has a fulltime astrological practice on Wholistic Astrology at the Midwest School of Astrology.

Amy Garber, BA, RMT, is a medical intuitive, psychic, and channel who aids people on their path by consulting with their spirit guides, illuminating past lives, encouraging intuitive development, and connecting with departed loved ones. She is the co-director of the Enlightened Soul Center and co-founder of Intuitives Interactive.

Dr. Chuck Gehrke is a board certified addictionologist.

Norma Gentile is a natural clairvoyant who trained as both a professional singer and energy healer. She and her guides, most often Archangel Michael, Mary and the Hathor Atamira offer insights, healing music and online courses focusing on energy, sound and healing at her website.

Jennifer Giacomelli, LMT, is a mother, performer, and licensed massage therapist who encourages balance in the lives of others through the art of touch. Her decades of experience studying and teaching dance have expanded her knowledge and understanding of the body.

Lynea Gillen, LPC, RYT has developed practical methods to share yoga and other heart-centered tools that she created to help youth. She is a licensed professional counselor and is registered yoga teacher with Yoga Alliance.

Ann-Margaret Giovino and **Alexis Neuhaus** are SUN SHEN tai-chi instructors and senior students of SUN SHEN Tai-Chi Lineage Holder Master Sang Kim.

Katy Gladwin is a doula and childbirth educator. She has been providing prenatal, birth and postpartum support to the Ann Arbor area through Sacred Roots Services LLC since 2011.

Curtis Glatter is a professional percussionist and multi-instrumentalist.

Frederick Glaysher is an epic poet, rhapsode, and the author or editor of ten books. He has lived and traveled in Japan, China, and on the Colorado River Indian Reservation.

Teachers, Lecturers, Workshop Leaders, and The Centers

Golden Lotus, Inc. teaches the science of yoga and its practical applications so that all can achieve the highest levels of physical, mental, emotional, and spiritual wellbeing as they progress on their path toward self-realization.

Robin Lily Goldberg is a writer, researcher, and holistic healthcare practitioner. She holds certifications in Reiki and Reflexolo-chi along with Hatha Yoga, Street Yoga, and Laughter Yoga.

Dr. Goldstein is a psychologist, author, and speaker. He is the cofounder of the Center for Mindful Living in West Los Angeles and the creator of the six-month mentorship program, A Course in Mindful Living.

Sharon Gold-Steinberg is a licensed psychotherapist and a certified Sensorimotor psychotherapist.

Lisa Gottlieb is a social worker, local food activist, and Nonviolent Communication certification candidate.

Kay Gould-Caskey has been teaching art since 1970. Many of her students exhibit locally, nationally, and internationally.

Karen Greenberg is a registered physical therapist who has taught for many years at University of Maryland Hospital, dance studios, and via Skype around the world. She is currently a metaphysical teacher of personal and spiritual growth.

Robin Grosshuesch was trained as a social worker and has decades of experience in the construction and remodeling trades. He and Merri Walters have traveled across the country praying with the land and following spiritual guidance.

Paulette Grotrian, MA, was trained through the UMass Medical School Integrative Medicine Center for Mindfulness and the University of California San Diego Center for Mindfulness. She has studied with Jon Kabat-Zinn, Jack Kornfield, Sharon Salzberg, Kristin Neff, Christopher Germer, and Thich Nhat Hanh. She is a founding member of the Ann Arbor Center for Mindfulness.

Lama Tsultrim Gyaltsen took refuge with Ven. Khenpo Karthar Rinpoche in 1984 at the Ann Arbor KTC, where he was a member for eight years. He entered the traditional Tibetan three-year retreat in 1992, and has been in residence at Karme Ling, retreat center for Karma Triyana Dharmachakra, Woodstock, NY since then and is currently a retreat master in the men's retreat at Karme Ling.

David M. Hall is a bee-keeper, educator, and rescuer, having rescued over 4.5 million honeybees from extermination and founded two apiaries. He also has a Permaculture Design and Permaculture Teacher certification.

Nirmala Nancy Hanke, MD, is a long-time meditator and teacher of meditation at Lighthouse Center. She is a psychiatrist and therapist who integrates meditation, Reiki healing, and other spiritual practices with psychotherapy.

Su Hansen, MA, LLP, is a certified Enneagram teacher psychotherapist, spiritual and personal advisor and couple's enhancement coach.

Patty Hart, E-RYT, has been teaching yoga classes, private sessions, and workshops since 1998. She specializes in adapting poses for specific student needs while maintaining a safe space for grounding and exploration within yoga practice.

Craig Harvey has been leading peace meditations and world healing vigils since 2001, many of them for 24 hours. He hosts the Peace Generator on the third Friday of each month at the Interfaith Center and the 24-hour Peace Generator every three months.

Simran Harvey has been an astrologer for over half her life. In 2009 she was certified in the Advanced Pulse Technique, a powerful clearing energy to facilitate change at the energetic level. She received additional training to do the energy work over the phone, on up to twelve people simultaneously.

Elizabeth Hazel is an astrologer, tarotist, and author of several books. She has been the SMARRT group's president and is currently a board member.

Marg Heeney, MSW, works together with people and their guides to identify emotional or spiritual stuckness which interfere with your success, health, and peace of mind. As a medical intuitive, empathic, and healer with over 20 years of experience, Marg uses various healing methods to assist people to quickly remove emotional, physical, or spiritual pain.

"The most beautiful thing we can experience is the mystery."

— Albert Einstein

Sierra Hillabrand has been providing parents and families with compassionate support during pregnancy and birth since 1997. She has worked as a midwife, doula, and childbirth educator as well as a psychotherapist specializing in trauma and attachment.

Kathy Hinderer, PhD, MS, MPT, PT, has more than 35 years of experience as a physical therapist, and ten years of experience with equine assisted therapy. She has considerable clinical experience treating a broad spectrum of disabilities across the lifespan.

Andres Hoeft is a substance abuse counseling provider at McCullough, Vargas, and Associates. Lt. Aaron Hunt, Michigan State Police, Drug Unit.

Karen Husby-Coupland is a certified Iyengar Yoga teacher who has been practicing yoga since 1993 and teaching since 1999.

Inward Bound Yoga has offered a variety of approaches to the ancient discipline of yoga since 1995.

Jeff and Debra Jay are best-selling authors, speakers, and clinicians with a national practice providing clinical services and training, including Intervention and Structured Family Recovery.

Jewel Heart was founded by Gelek Rimpoche and is dedicated to the preservation of Tibetan Buddhism and to bringing the practice of this rich tradition within the context of contemporary life to everyone. Among the last generation of incarnate lamas tutored by the masters of Old Tibet, Gelek Rimpoche's command of western culture enabled him to convey the Tibetan Buddhist tradition with wisdom, wit, and kindness.

Virginia June LMSW, MAC, CAADC, RT is a therapist in the addiction field for 28 years. In long term recovery for over 30 years. NADA trainer for 14 years.

Dr. Kaplan's practice is in Farmington Hills where she works with adults and adolescents in private, couple's, or group therapy. Her specialties are in couple's therapy, in which she is a certified Imago Relationship Therapist, and in adolescents coping with parents' divorces.

Jan Katz is a senior student of SUN SHEN Founder, Master Sang Kim. She is also a certified instructor of the Tai Chi for Arthritis Program of Dr. Paul Lam's Tai Chi for Health Institute.

Joe Kelty is a poet and teacher of English and biology at area community colleges.

Natasha Kendal, LMFT, specializes in working with individuals, couples, and families in transition. She also provides co-parenting support and assistance for couples who are separating or divorcing.

Andrea Kennedy is a Reiki Master Practitioner and Instructor, practicing since 1995. She sees clients at Borer Family Chiropractic in Saline, MI, and brings Reiki into the mainstream through education and social media.

Esther Kennedy, OP, MSW, a Dominican Sister of Adrian, is a spiritual director, retreat leader, and clinical social worker.

Mahan Rishi Singh Khalsa, D.C., has been teaching Kundalini Yoga for the past 40 years nationally and internationally. He cofounded the Khalsa Healing Arts and Yoga Center which combines chiropractic, nutritional counseling, massage therapy, acupuncture, Kundalini yoga, meditation, and healing traditions from around the world.

Aparna Khanolkar has worked as an Ayurdoula for seven years and taught Ayurvedic cooking for seventeen years. She was the head chef of the Chopra Center for Wellbeing in Carlsbad, CA, worked as a menu consultant at the center, and helped develop the curriculum for the Ayurveda program at the Natural Epicurean Academy of Culinary Arts in Austin, TX.

Master Sang Kim is an engineer, Christian mystic, and inheritor of Master Gabriel Chin's Yang Style Tai-Chi lineage. Originally from Korea, he has practiced martial arts, cultivation methods, and healing for more than 30 years and has been teaching since 1992.

Brent Koors is a homesteader and carpenter in Grass Lake.

Lucinda Kurtz, MA, Brennan Healing Science Practitioner and former professor of Women's Studies, is a spiritual mentor and teacher of Kabbalah who believes Kabbalah, spiritual practice, and ritual can paths to self-awareness and transformation.

Dave Krajovic and **Pat Krajovic** founded Body Works Healing Center in Plymouth, the Global Breath Institute, and Ascension Breathwork. They have advanced training in a wide array of healing techniques, esoteric teachings, and breath mastery.

DeLynn Lake, ND, RN, uses a wide variety of tools to educate the next generation on the marvels of their creation and relationship with nature, encouraging balanced wellness one person and family at a time. She has over 23 years of experience with helping clients to reach their health goals.

Mary Ledvina is a writer, artist, healer, and teacher. She loves teaching creativity and has taught art journaling. *Art Journaling Magazine*, *Paragraph*, and *Seeding the Snow* have published her work.

Amber Lee, LMT, is a recent graduate of the Adrian School of Massage. She plans to further her training in Neuromuscular Therapy, Myofascial Release, Pediatric Massage, and Sports Massage.

Leslie Science and Nature Center educates and inspires children and adults to discover, understand, and respect their natural environment.

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Elizabeth Liebert, a Sister of Holy Names of Jesus and Mary, has just completed thirty years as Professor of Spiritual Life at San Francisco Theological Seminary. She continues to serve o the Doctoral Faculty of the Graduate Theological Union and in formation for her religious congregation. She writes in areas of spiritual direction, spiritual formation and discernment.

Lifespan Doula Association provides End-of-Life Doula Training and Certification. Owners Merilynne Rush and Patty Brennan are experts in end-of-life issues and the doula model of care. Lifespandoulas.com

Mary Light, ND, MH, LMT, is a traditional naturopath and consultant herbalist with a private practice and state licensed school of natural medicine in Ann Arbor.

Lighthouse Center, Inc. in Whitmore Lake is a center for spiritual development founded by Chetana Catherine Florida in 1979. Open to all pathways, the Center is guided by Jain Master Gurudev Shree Chitrabhanuji and embraces Ahimsa, nonviolence toward all beings.

Pam Lindberg is a certified Iyengar Yoga teacher.

Ellen Livingston has been a student of yoga for 30 years and a certified instructor for a decade. She is also a coach, mentor, public speaker, author, and retreat leader living an authentic, heart-centered, healthy lifestyle.

Cal Loo is Executive Director of the International Living Collective, a nonprofit that helps clients find peace of mind, balance in life, and personal growth through life's major transitions.

Raisha Love has been teaching since 2007. She is a Purna Yoga Certified Teacher at the 500-hour level. She is currently enrolled in the 2,000-hour program at the College of Purna Yoga.

Rachel Lozon is a certified holistic health coach. She is passionate about nutrition and helping people work through their challenges with emotional eating.

Carryn Lund is a licensed psychotherapist and a registered yoga therapist.

Jeanne Mackey, MSW, explores creative and relational skills through workshops, rituals, writing, and music. A member of the musical group, Harmony Bones, she is an instructional designer at the University of Michigan.

Holly Makimaa is a transformational life coach, spiritual counselor, holistic writing teacher, and sacred activist.

Julie Mariouw is an English teacher, published writer, former Journal Workshop leader. She is certified to lead workshops using the Amherst Writers & Artists method developed by Pat Schneider, and is an AWA affiliate.

Lindsey Marshall is a Norwex leader who is focused on helping others by removing chemicals from their homes and lives.

Debbie Mast, MSN, RN, is apprenticed to a native shamanic tradition and has 25 years of experience in leading ceremonies for groups and individuals.

Nancy McCaochan. Yoga Alliance E-RYT's with extensive practice and teaching experience. Certified IAYT Yoga Therapist.

Kevin McCauley is a qualified medical doctor and he focuses on the important question about addiction: Is it really a disease?

Chris McClellan has been building for over a decade, leading and participating in the construction of earth ovens, rocket stoves, and other structures. He is also a bookseller and networker who presents at Mother Earth News Fairs.

Barb McConnell, LPN, CHTPI, is a nurse, Certified Healing Touch Practitioner, and instructor for Levels 1-4 with 30 years of experience in hospital, clinical, industrial nursing/industrial management. She also teaches Total Health which includes essential oils.

Jim McDonald has taught herb classes and workshops throughout the Great Lakes bioregion and the U.S. He is a community herbalist, a manic wildcrafter and medicine maker, and an ardent student of the most learned teachers of herbcraft . . . the plants themselves.

Michelle McLemore is an energy therapist certified in Healing Touch, Reiki, and Sacred Geometry. She is also a psychology teacher, an ordained minister, and a Be Young essential oils consultant.

A Metaphor

by Laurie Ostrow

(written after my first day with Joe Campbell at Esalen 1978)

If thoughts had wings, birds would fly.
As I watch them swooping and soaring, banking and diving,
I see creatures as heads. No bodies, no legs.
Hermes, indeed, had wings at his brow.
He flew to the heavens, bringing inspiration to the ground.
Birds sing, I know, I hear them after all.
Their songs, their sounds, bring a secret so near,
The feeling I get when my thoughts have no fear,
To fly and reach out, beyond all my doubts.
These beings of head, who fly with such ease,
I sing with them too, and fly as they do.
For thoughts have wings and birds do fly.

Drake Meadow is a certified leader of the dances and initiated Sufis.

Michigan Friends Center, built in 1994, is a not-for-profit organization located on the wooded 90-acre land of Friends Lake Cooperative Community. As a spiritually grounded community, they enjoy discussions that explore their shared experience of renewal through nature.

Christy Miller, LMSW, ACSW, is the Program Director of GrieveWell (formerly the Kite Network). She has more than 20 years of experience as a psychotherapist for individuals, groups, and families.

Ed Morin is a poet and former English teacher at area universities and colleges.

The Mother is a combination of many expressions of the Divine Mother such as Mother Mary, Kwan Yin, and others, and expresses different aspects of herself depending on the needs and karma of the person with whom she is sharing darshan. She is trance channeled by Barbara Brodsky.

Joanna Myers is a SUN SHEN healer, disciple, and senior student of the SUN SHEN founder, Master Sang Kim. Her passion is listening deeply and tapping into a person's ability to change quickly, effortlessly, and permanently.

Naturopathic School of Ann Arbor staff are all licensed massage therapists and traditional naturopaths with extensive experience in natural medicine forms of assessment and treatment.

Geshe Lobsang Tenzin Negi, Ph.D., is the cofounder and Director of the Emory-Tibet Partnership, a multi-dimensional initiative launched in 1998 to bring together the foremost contributions of the Western scholastic tradition and the Tibetan Buddhist sciences of mind and healing.

Eva Neuhaus received her M.A. in Somatic Psychology. She offers breakthrough coaching to uncover superheroes who feel they've been holding back and want to unleash their power and creativity.

Sifu Genie Parker has trained and taught Wu Style tai chi chuan for over 20 years. She is a disciple of Grandmaster Eddie Wu Kwong Yu, head of the fifth generation of the Wu family and a gatekeeper of the Wu style.

Peachy Fitness is a small friendly yoga studio in Ann Arbor that provides classes for beginners as well as longtime yogis. The studio is designed with the entire family in mind.

People Dancing Company is a regional dance company celebrating 32 years of dance.

Judy Ramsey has offered animal communication and interspecies counseling for over ten years. She applies her social work and linguistic skills to animals. She has mentored with Penelope Smith and Teresa Wagner and teaches three levels of animal communication.

Kathy Raths has a MA in Mental Health Counseling and is deeply committed to community work; a volunteer for over a decade working with and advocating for victims of domestic violence, sexual assault, working with people in crisis, hospice, and facilitating therapy groups. She is the author of *What Can I Say When Words Escape Me: Being Present in Times of Sorrow*.

Stacey Rayer is the Horticultural Sales Specialist at Bloom Gardens. She loves sharing her gardening expertise with green thumbs and novices alike.

Deb Rhizal is a birth doula and childbirth educator. She has been practicing since 2004 and has assisted hundreds of families through childbirth. She is also a registered nurse, the mother of four girls, and a student in the nurse/midwife program at UMi.

Ariana Riegel has been a doula and childbirth educator with Sacred Roots Services for over two years. She also works with teens, teaching body positive sexuality education.

Naomi Rivers has worked as Education Assistant at Robin Hills Farm since July 2016, developing the department's procedures and programs. Naomi has a BA in Environmental Studies with a focus in Sustainable Agriculture, from a program focused on systems thinking and the whole-farm planning model presented in this lecture.

Libby Robinson, Ph.D., MSW, has been practicing mindfulness meditation since 1979. She was trained to teach mindfulness-based interventions by Jon Kabat-Zinn, Zindel Segal, Susan Woods, and colleagues. She has been teaching Mindfulness-Based Stress Reduction since 2003.

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Barbara Robertson is the Director/Owner of the Breastfeeding Center of Ann Arbor. She is a board-certified Lactation Consultant and breastfeeding educator who loves working with moms and babies.

ShuNahSii Rose began her practice as a feminist educator, healer, and community organizer in Ann Arbor in 1990 to honor the connection between the natural world and hope for the future.

David Rosenberg has been teaching Iyengar Yoga since 1993 and traveled to Pune, India, in 1996 to study at the Ramamani Iyengar Memorial Yoga Institute.

Debra Rozek is a Medical Astrologer and an Experiential Psychologist with advanced degrees in psychology and public health. She has numerous publications and has lectured on the faculty for UAC 2012 in New Orleans.

Dolores Rubio-Turtle first experienced Transmission Meditation with Benjamin Creme i 1994. She passionately believes in service and personal growth and since this practice is vital for both, she is excited to share it now in Ann Arbor.

Jonathan Rudinger, RN LMT and founder of PetMassage™, has worked in the canine massage areas since the mid-1990s. He facilitates workshops and home-study courses.

Merilynne Rush, RN, has been co-facilitating the Ann Arbor Death Café since 2012. She is a natural death educator, home funeral guide, green burial advocate, and advanced care planning consultant. She is also a certified Respecting Choices 1st Steps Trainer who teaches end-of-life doula training through Lifespan Doula Association.

Holly Rutt is the owner and lead designer at The Little Flower Soap Co., a Chelsea-based spa gift company established in 2010. She specializes in handcrafting all-natural body care products with pure ingredients and healing botanicals at her home studio.

Sally Rutzky is a certified Iyengar Yoga teacher with 32 years of experience.

Sue Salaniuk holds a Senior Intermediate One Iyengar Certificate. She has studied with the Iyengars in India 12 times and continues to advance her studies regularly with teachers in the U.S.

Carla Samson is the Creatrix of Align Divine Yoga. She has been teaching a variety of different styles of yoga for over six years. She has also traveled the world to study shamanic and yogic practices.

Fred George Sauer, MS, is the author of *The Girl Who Couldn't Laugh: The Neuroscience of Stress Management*, and a 2016 Foreword INDIES Book of The Year Finalist. He has over 30 years of business, training, and coaching experience. He is also a certified EFT and Psych-K practitioner.

Tatiana Scavnicky is a psychic intuitive, teacher, songwriter, and Angel Therapy Practitioner with Angel Therapy Advanced Training.

Dr. Darren Schmidt is the CEO of the Nutritional Healing Center. He works with patients all over the world looking to heal from their disease with diet changes and whole food supplements, rather than be treated with conventional medicine.

Terrence Schulman JD, LMSW, has been an attorney at law since 1992 and a licensed certified social worker and addictions therapist since 1997. He specializes in treating, writing about, and presenting on compulsive stealing, spending, and hoarding.

Self Realization Meditation Healing Centre, founded by Mata Yogananda Mahasaya Dharma, is a nonprofit near Lansing. Its aim is to give support to those struggling or suffering in life on any level, and to assist those who seek inner knowledge and personal growth in the pursuit of peace, health, and happiness.

Mary Seibert, BSN, RYT200, is a Certified Kripalu Yoga Teacher with a foundation in Iyengar. She is also a holistic nurse and Healing Touch Practitioner.

Laura Seligman, MS, is a SoulCollage® facilitator, artist, and docent. She also volunteers at the UMi Museum of Art.

Treneti Sens dances for the healing of the planet and specifically focuses on being a voice for the trees as a beacon of inspiration and action in the reforestation movement. She works in collaboration with Community Carbon Trees Costa Rica.

Elizabeth Shadigian, MD, is an obstetrician-gynecologist, consultant, educator, and researcher specializing in the health, safety, and wellbeing of women.

SANDYA-Sandra Shears has been a Spiritual Channel, Healer, and Counselor since 1990 as guided by the Higher Communities of Light. As a Light Worker and Vibrational Practitioner, she specializes in activating other Practitioners, Light Workers, and World Servers.

Vijayalaxmi Shinde, a scholar of the ancient Indian art of Palmistry, can give accurate readings and guidance on all aspects of life. Using the art of Tarot Cards Divination, she can help to find subconsciously hidden answers to important concerns on one's life path.

Antonio Sieira, PhD, is a professional member of the American Hypnosis Association, with certifications in past life regression, smoking cessation, and weight loss therapies. He is also certified by the American Alternative Medical Association as an Alternative Medical Practitioner, and is the creator of the Mindfulness Meditation System.

Anneliese Sinnott, OP, is a Dominican Sister of Adrian, MI. She recently retired from the profession of professor of systematic theology at Ecumenical Theological Seminary of Detroit.

Lynn Sipher, LMSW, has provided psychotherapy since 1985 and mindfulness-based classes and workshops since 2006. She is a founding member of Ann Arbor Center for Mindfulness.

Song of the Morning offers an opportunity to become immersed in the simplicity, serenity, and sustenance of a balanced yogic lifestyle. We offer a place of spiritual refreshment and relaxation to those on a conscious spiritual journey toward union with the Divine, to those hoping to discover their own highest potential, and to all who seek respite from the worries and cares of the world.

Southeast Michigan Astrologers' Round Table (SMART) is a local chapter of the National Council for Geocosmic Research (NCGR).

Dave Sporer is a lifelong craftsman, sailor, and boatbuilding enthusiast. He studied naval architecture and marine engineering at UMi.

Ema Stefanova, MA, E-RYT500, YACEP, Member IAYT, is a yoga and meditation master as well as an experienced teacher trainer, healer, author, and therapist. She belongs to the Satyananda yoga lineage and has taught worldwide for over 30 years.

Jeremey Suttles, MSE, LMSW, is a Clinical Social Worker at the UMi Hospital's department of adult inpatient psychiatry.

Kirsten Tang and **Loretta Pickford, LPC, NCC,** are certified in the EAGALA model of equine-assisted psychotherapy and personal development.

Lauren Tatarchuk, CNHP, has a BBA plus certifications as a Natural Health Professional, Loomis Digestive Health Specialist, and Biofeedback and Bioresonance Specialist.

Lauren Tatarsky has a Master's in Spiritual Guidance and has been a yoga and meditation instructor for over seven years. She has years of experience working with teenagers on mindfulness, stress reduction, and connecting inward.

Dr. Tavis Taylor, MD has enjoyed 23 years of intense Internal Medicine practice in a variety of settings. He has provided care in very rural sites where he was the doctor in Alaska, Hawaii, migrant clinic California, tribal clinics in WA and OK. He spent seven years with the Pima Tohono O'odham tribe outside of Phoenix, AZ in the 1990s, leaving there in 1999 as their CMO and member of the governing board to return to his hometown, Bremerton, WA. Here, he was Kitsap Internal Medicine until 2008 when he decided to open the solo practice.

Janene Ternes is a commissioned spiritual director and founder of Prayer in Motion, LLC. She has developed a variety of workshops that teach and inspire holistic forms of prayer to help others find and achieve their own inner connection with God.

Craig Terrell is a landscape designer with a passion for native plants, forest ecology, and soil science. He owns and operates Land Architects, Inc. in Ann Arbor.

Geshe Yeshe Thabkhe, a genuine contemplative master and member of the last generation extensively trained in old Tibet, is a professor of Mool Shastra (Nalanda Tradition of Buddhist Philosophy) at the Central Institute of Higher Tibetan Studies, the only Tibetan university in India. He is regarded as one of the most eminent scholars of both the Madhyamaka tradition and Indian Buddhist studies.

Thrive! Wellness Center uses Nutrition Response Testing™ involving the body's reflexes to determine the underlying cause of illness.

Stephanie Tighe, MSW, is a teacher and shamanic healer who co-founded Spirit Weavers, a training and support organization for shamans. She has over 25 years of experience healing and leading workshops nationally and internationally. She has trained extensively with Sandra Ingerman.

Judy Lee Trautman is a certified leader of the dances, an initiated Sufi, and an ordained Sufi Cherag.

Susan Van Baalen, OP, is a Dominican Sister of Adrian, MI. She holds graduate degrees from the Jesuit School of Theology in Chicago and Georgetown University. She is currently an adjunct professor of Theology and Religion at Saint Leo University in Florida.

Jennifer Vanderwal is a Healing Facilitator, Reiki Master, Intuitive Spiritual Counselor, and Melody Crystal Healer Instructor. She has taught classes for over ten years.

Bart Vermilya, L.Ac., has a master's degree in Oriental Medicine and training in Tui Na (Chinese style massage) and Seifukujitsu, a Japanese style of restorative body work used by martial artists. He also specializes in Chinese herbs, cupping, and Gua Sha.

Dr. Joel Vickers earned his Bachelor's degree in Human Biology and graduated from National College of Chiropractic in 1991. He practiced in Holland, Michigan for twenty-one years. Over time he observed strengths and weaknesses in various techniques and found Nutrition Response Testing. Attend his class to learn about muscle balancing and Applied Kinesiology.

Cam Vozar, LMSW, LMFT, a psychotherapist in private practice for over 25 years, has worked with individuals and couples focusing on trauma, recovery, spirituality, and EMDR.

Joe Walters has over 20 years of experience practicing Chen style Tai Chi with Richard Miller.

Kashi Walters is the Co-Director at the nonprofit Kashi Nivas Shiva Meditation Center in Ann Arbor. She is an experienced hatha yoga, meditation, and self-inquiry instructor.

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Merri Walters has practiced as an intuitive holistic healer for over 35 years. She is the mother of eight children and the founder of Great Lakes Sacred Essences. She is gifted in the arts of herbology, homeopathy, flower essences, essential oils, and Native Spirituality.

Sifu Joseph Wang is the Head SUN SHEN Tai-Chi Instructor and Senior Tai-Chi Students of Master Sang Kim. He has been teaching since 2005.

Greg Weathers is an advanced healer and Reiki Master who leads Reiki sessions at Ann Arbor's Interfaith Center. He has also taught Reiki at Washtenaw Community College.

G Arthur Weilman WMU 1976, Religion and Philosophy. Lifelong learner.

Lou Weir is a long-time student of the Diamond Approach and a teacher-in-training. He is also a founding teacher of Insight Meditation Ann Arbor.

Billie Whalen, also known as Mohinder Singh, has been practicing and teaching Kundalini yoga and meditation for 14 years in Ann Arbor. His experience and radiance can hold the space for one's transformation.

Ben Wielechowski is the Education Director at Robin Hills Farm. For over seven years he has been a teacher specializing in college-level composition. He is a new father, writer, and adventure enthusiast.

Suzy Wienckowski is a Reiki Master and Massage Therapist with over 35 years of experience in healing arts. She teaches the traditional Usui System of Reiki Healing and is a member of the Reiki Alliance.

Jan Wilkiemeyer, Jimmy Neal, and **Lynlee Sky** display creative talents in their wheel thrown and hand-built functional (and non-functional) ceramic and porcelain art.

Eve Wilson is the creator and Director of the Healer Development Program and a full-time Healer Practitioner since 1986. She is a groundbreaking leader in healing and ascension who helps others access their gifts and realize their potential as healers.

Julie Wolcott, MA, CSW, LPC, has practiced in the fields of counseling and psychotherapy for over 40 years. Besides being a Phoenix Rising Yoga Therapy Practitioner and Kripalu Yoga teacher, she is also a Certified Transformational Breath Facilitator since 2004 and a Senior Trainer with the Transformational Breath Foundation since 2006.

Women's Divorce Resource Center (WDRC) is an all-volunteer, nonprofit, educational organization. It offers workshops by experienced divorce professionals including Licensed Marriage and Family Therapists, Certified Divorce Financial planners, and Attorneys.

Lama Tsultrim Yeshe has been a student of Khenpo Karthar Rinpoche, Abbot of Karma Triyana Dharmachakra, Woodstock, NY, since 1989 and completed the traditional Tibetan three-year retreat in 1996 led by Khenpo Karthar Rinpoche. He is especially known for workshops in which participants use Tibetan Buddhist practices to explore the nature of forgiveness and learn to heal old wounds.

Patricia Yiu is a yoga teacher and Reconnective Healing Practitioner who aspires to empower women so they can live from a place of inner wisdom and connection.

Yoga Focus, an Iyengar Yoga studio, is celebrating 25 years as a yoga center. Teachers value their practice of yoga and the respect for their students. Yoga Space consists of teachers certified in the Iyengar method with decades of experience. They excel at making yoga fun and accessible for everyone.

Dana Clay Young, PhD, is the founder of Be Young Total Health. He is a walking encyclopedia on essential oils. He has traveled the world learning about the oils from the ground up; studying with the experts in Europe. Dana is a true educator.

Master Wasentha Young is a Master of T'ai Chi and Qigong with over 48 years of experience. She has received formal instruction in different styles of meditation and massage therapy and has a master's degree in Transpersonal Studies.

Rebecca Williams has been a Tarot card reader at Crazy Wisdom for over ten years. Her readings explore deeper soul movements in our lives. Through intuitive readings she assists individuals to use their own soul awareness and wisdom to promote positive change and instill harmony through all of life's complications.

Karlta Zarley, RN, CHTP, has 36 years of experience in preventive and holistic nursing care, and is a Certified Healing Touch Practitioner. She has been in private practice for 19 years as a professional healer and educator. She leads classes and retreats, and also provides energy work, spiritual direction, and consultations on essential oils and flower essences.

The Zen Buddhist Temple was formally opened in 1981 as part of the Buddhist Society for Compassionate Wisdom. The Temple functions on three levels: as a temple serving the public, as a training center for ordained members, and as a Sangha or community of members.

Sean Zera has more than ten years of experience as a wildlife biologist. He grows, grafts, and hybridizes rare and unusual flowers and fruits.

Tina Zion, RNC, BA, CHt, RMT, is a fourth-generation psychic who has been practicing and teaching holistic healing for over 30 years. She is known internationally for her books including *Become a Medical Intuitive: The Complete Developmental Guide* and *The Reiki Teacher's Manual*.

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